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by ewfood

Orange Sorbet

Ingredients

24fl oz. water
7oz sugar
6oz. clover honey (wildflower or mountain honey)
zest of one orange
0.5oz. chopped peeled fresh ginger
2 whole star anise or cardamom pods
2 whole cloves
1 small bay leaf, preferably fresh
16fl oz. chilled fresh orange juice
1.5fl oz. fresh lemon juice

Preparation

- 1 Bring to boil the water, sugar, honey, zest and spices in a saucepan over a medium heat, stirring it until the sugar has dissolved
- 2 boil this mixture until the syrup has thickened and reduced to fill two cups
- 3 discard the bay leaf and allow the syrup to cool
- 4 strain the syrup through a sieve into a bowl and add the juice
- 5 pour the mixture in a bowl and refrigerate overnight
- 6 Transfer this to an ice cream maker and process according to manufacturer's instructions
- 7 Transfer the sorbet to container, cover, and freeze until firm, at least 6 hours and up to 3 days.

Cooks Note

Prep Time: 40 min + chilling time; Cook Time: 20 min; serves 4
