

Frozen Orange Sherbet Recipe

Ingredients: Makes 8 servings

4 large oranges
3 cups (580g) sugar
a pinch of salt
1 tablespoon fresh lemon juice
¼ cup pine nuts

Method:

Cut the oranges crosswise in half and juice them; strain out the seeds but add the pulp to the juice. Keep the rinds intact and reserve them. You should end up with about 2 cups juice. Put the juice in a small saucepan with ¼ cup of the sugar and the salt warm over medium heat, stirring occasionally, until the sugar dissolves. Remove from the heat, stir in the lemon juice, and pour into a bowl. Chill in the refrigerator. Bring a large pot of water to a boil and add the orange rinds. Let the water return to a boil, then drain the rinds, rinse under cold water, and drain again. Repeat the process two more times. Put the orange rinds, cut edges up, in the pot and cover with the remaining 2¾ cups sugar. Add 2 cups water and bring to a steady simmer over medium heat, then turn the heat to low and simmer for 30 minutes. Flip the oranges over and simmer for another 10 minutes; the rinds should be soft. Let cool to room temperature in the saucepan, then transfer the rinds and syrup to a container that will hold the rinds snugly. Let the rinds stand in the syrup for at least 2 hours, or as long as overnight in the refrigerator. To assemble the dessert, remove the rinds from the syrup. Use a spoon to scoop out the remaining pulp from each one, then use the edge of the spoon to scrape out enough of the white pith to leave a shell about ⅛ inch thick. Put the rinds in individual cups or in a muffin tin that will hold them snugly. Freeze the chilled orange juice mixture in an ice cream mixture according to the manufacturer's instructions. When the sherbet is ready, fold in the pine nuts. Pine nuts were folded into the sherbet to resemble orange seeds. Fill the orange cups with the sherbet, packing it in and smoothing out the tops with the back of a knife. Cover and freeze until frozen hard. To serve, cut the orange halves into wedges and arrange on serving plates.

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