



Pink Grapefruit Tarragon Sorbet

Serves 6

Tarragon, with its gentle, licorice-like flavor, is a different and surprising flavor component to the sweet ruby-red grapefruits so prevalent this time of year. I have been serving this sorbet between courses for years. It is easy to make, and so impressive to offer a palate cleanser before your main course – not to mention it buys you a few extra minutes to put those finishing touches to your meal.

Ingredients:

4 large ruby-red grapefruits

1 cup water

1 cup sugar

6 large, fresh sprigs tarragon (or substitute 1 teaspoon dried tarragon, crumbled between your fingers to release the aromatics)

Preparation:

Juice the grapefruits to measure 2 cups of liquid. Pour the juice through a sieve into a large bowl and reserve.

In a small saucepan, bring the water, sugar and tarragon to a boil, stirring to dissolve the sugar. Reduce the heat and simmer for 5 minutes to infuse the syrup. Remove from the heat and let the syrup continue to infuse for about 30 minutes, if using fresh tarragon. Pour the infused syrup through a fine mesh sieve into the grapefruit juice. Stir to combine.

Place the mixture in the refrigerator until cold, about 2 hours. Freeze in an ice cream maker according to manufacturer's instructions. Transfer sorbet to an airtight container and put into freezer to harden, about 2 hours. Place in refrigerator about 30 minutes before serving to soften.

courtesy of www.TheresAChefInMyKitchen.com