



Irish Stout Sorbet

Makes Approximately 1/2 Cup

It may seem unusual to order ice cream in the middle of winter, but on a recent trip to Philadelphia my husband and I stopped by Amada tapas bar in Old City and were dazzled by the delicious tapas and desserts. We couldn't resist trying the sorbet trio, which included a Guinness Sorbet. It was a curious blend of bitter and sweet, and beyond delicious. Naturally upon our return, I set out to create my own version. This is a befitting end to any hearty winter meal. In the summer, it is surprisingly refreshing and light. Opt for bottled water here. You don't want any mineral-rich tasting water to compete with the clarity of the Stout.

Ingredients:

12 ounces Irish Stout beer (such as Guinness)
2 cups purified (bottled) water
2 cups milk
3/4 cup sugar
1 vanilla bean, split in half lengthwise
1 tablespoon fresh squeezed orange juice (optional)

Preparation:

Place the Irish Stout into a medium-size, heavy bottomed sauce pan and place over medium-high heat. Bring to a boil. Reduce the heat and simmer until the beer is reduced to about 1/3 (no less than 1/4) cup, about 12 to 15 minutes. Set aside to cool. Reserve at room temperature.

Combine the water, milk, and sugar in a medium-size sauce pan and place over medium heat. Scrape the seeds from the vanilla bean into the saucepan and add the vanilla bean pod. Bring to a boil and stir until the sugar is completely dissolved. Remove from the heat and allow the vanilla bean pod to steep in the hot mixture for 15 minutes. Strain the mixture into a clean glass bowl and chill uncovered in the refrigerator for at least 2 hours, until very cold.

Remove the mixture from the refrigerator and whisk to reincorporate, if needed. Slowly add about half of the beer reduction, whisking to combine. Taste. Add the remaining reduction as needed to balance the taste of the beer and the sweet sorbet base. Add up to 1 tablespoon of fresh squeezed orange juice to brighten the flavor if the beer reduction makes the sorbet too bitter.

Pour into the bowl of an ice cream maker and freeze according to the manufacturer's instructions. Transfer to an airtight container and freeze until hardened, about 2 additional hours. Allow to "cure" in the refrigerator about 30 minutes before serving.

courtesy of www.TheresAChefInMyKitchen.com