

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Rhubarb Strawberry Sorbet

Apple-juice sweetened, vegan, non-dairy, gluten-free.

Sorbet can be made and frozen the same day or even up to a few days before you plan to serve it. Allow it to sit at room temperature about 30 minutes before serving. This softens it sufficiently to serve as is or to whirl it in the food processor for a creamier consistency.

Alternatively, using an ice cream maker both reduces the freezing time and eliminates the need for a final spin in a food processor.

Makes 7 cups

Active time: 35 minutes

Total time: 4+ hours

6 ounces frozen apple juice concentrate

$\frac{3}{4}$ pound fresh rhubarb, trimmed and cut into 1-inch pieces ($3\frac{1}{4}$ cups)

2 pints fresh strawberries, hulled, cut into $\frac{1}{4}$ -inch slices ($3\frac{1}{2}$ cups), plus a few saved for garnish

1 tablespoon fresh Meyer lemon juice (1 teaspoon regular lemon juice)

1. Place the apple juice concentrate and $\frac{3}{4}$ cup water in a 2-quart saucepan. Bring to a boil over high heat. Stir in the rhubarb. When the liquid comes back to a boil, reduce the heat to medium. Cook the rhubarb 2-3 minutes until tender. Remove from the heat.
2. While the rhubarb is cooling, slice the strawberries.
3. Use a blender to purée the rhubarb, strawberries and lemon juice till smooth.
4. Transfer the sorbet to a baking dish. The larger the baking dish the faster the sorbet will freeze. I use a $7\frac{1}{2}$ x $12\frac{1}{2}$ inch oval baking dish.
5. Cover the dish with plastic wrap and put it into the freezer.
6. After 1 hour, use a rubber spatula to break up any frozen chunks and stir them into the middle of the dish. Return to the freezer. Repeat in one hour. Repeat a few more times until the sorbet is almost frozen through.
7. Break up the frozen sorbet with a fork and/or a spatula into small chunks. Transfer them to a food processor. Blend the sorbet using the pulse button at first, until the texture becomes smooth and creamy.
8. Serve in glasses, perhaps garnished with a few slices of strawberry or a sprig of fresh mint.