

Citrus Sorbet with Opal Basil.txt

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Thomas DeBaggio and Susan Belsinger, Basil: An Herb Lover's Guide, Interweave Press (1996)

3 cups water

½ cup packed fresh 'dark opal' basil leaves or 3 tablespoons dried 'Dark Opal' basil leaves

1 cup sugar

2 large lemons

1 small red or pink grapefruit

Zest of 1 or 2 lemons; generous tablespoon

Bring 2 cups water and the basil leaves to a boil in a nonreactive saucepan. Boil 1 minute and add the sugar. Reduce heat and simmer over low heat for about 4 minutes, until the sugar is dissolved and the liquid is turning purple. Remove from heat and let cool to room temperature.

Meanwhile, remove the zest from the lemon. Squeeze the lemons and strain the juice, pressing on the pulp to extract as much as possible. Squeeze the lemons and strain the juice, pressing on the pulp to extract as much as possible. Squeeze the grapefruit and repeat the straining process. Stir the zest and juices together; the liquid should measure 1 ¼ cups.

Strain the basil and sugar syrup to remove the basil, and then add the remaining cup of water. Combine the basil syrup with the fruit juice. If the mixture is chilled first, it will freeze faster.

Freeze the mixture according to the manufacturer's instructions for your ice cream maker. When it's ready, serve the sorbet in sherbet glasses or pretty bowls. If you place the sorbet in the freezer and it becomes hard, allow it to stand at room temperature for 10 or 15 minutes before scooping and serving.