

Foodnity Recipes

Rhubarb Sorbet Recipe

Refreshingly tangy rhubarb sorbet, a springtime treat that's both light and lively.

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 4 cups rhubarb, trimmed and diced
- [ ] 1/2 cup granulated sugar
- [ ] 1/2 cup water
- [ ] 2 tbsp fresh lemon juice
- [ ] 1 tsp finely grated fresh ginger (optional)
- [ ] Pinch of sea salt

Optional Garnish

- [ ] Fresh mint leaves
- [ ] Lemon zest

Instructions

1. In a medium saucepan, combine the rhubarb, sugar, and water. Bring to a gentle simmer over medium-low heat, stirring until the sugar dissolves.
2. Cook the mixture for about 8-10 minutes, until the rhubarb is soft and the liquid turns a deep pink. summer sorbet
3. Remove from heat, add lemon juice, ginger if using, and a pinch of salt. Blend with an immersion blender until completely smooth.
4. Strain the puree through a fine mesh sieve into a bowl; discard any pulp for a silkier texture.
5. Cover and chill the mixture in the refrigerator for at least 1 hour. spring sorbet
6. Once cold, pour into a shallow metal pan and place in the freezer. After 30 minutes, stir vigorously with a fork to break up ice crystals; repeat every 30 minutes for 2-3 hours until firm.
7. Serve scoops in chilled bowls, garnish with mint or a twist of lemon zest if desired.

Nutrition per serving

120 kcal	1 g	30 g	0 g
Calories	Protein	Carbs	Fat

Tips & notes

- Taste the puree before freezing; adjust sugar or lemon to suit your palate.
- If the sorbet becomes too hard, let it sit at room temperature for a few minutes before serving.
- For a creamier mouthfeel, stir in a tablespoon of coconut milk during the final freeze.