

Sorbet Improves Appetite!

Nursing home residents who have a sorbet appetizer tend to eat more at mealtime and maintain their weight, according to findings from a small study done by researchers at Gonzaga University and the University of Wisconsin at Whitewater.

The beauty of sorbet lies in its simplicity: It's basically just frozen water or juice sweetened with fruit. Here are a couple of citrus sorbet recipes!

Lemon Sorbet

Ingredients

- 1 lemon's peel, finely diced
- 1 cup water
- 1/2 cup super fine sugar
- 1/2 cup lemon juice
- 1/2 cup carbonated mineral water

Directions

1. In a saucepan, stir together the diced lemon peel, 1 cup of water and sugar. Bring to a boil, then reduce heat to medium and simmer for 5 minutes. Remove from the heat, and allow to cool.
2. In a pitcher or bowl, stir together the lemon syrup with peel, lemon juice and mineral water. Pour into an ice cream maker, and freeze according to the manufacturer's instructions.
3. If you do not have an ice cream maker, cool the mixture, then pour into a freezer proof container and freeze for 1 1/2 hours until firm, whisking every hour with a fork to break up the ice crystals. Return to the freezer and stir about once every hour for about 4 hours. The more times you stir, the more air will be incorporated, resulting in a lighter finished product.



Orange Sorbet

Ingredients

- 10 ounces of orange juice
- 7/8 cup superfine sugar

Directions

1. Put the orange juice and sugar into a pan. Bring to the boil, stirring, until the sugar has dissolved. Remove from the heat, and allow to cool.
2. Pour into an ice-cream machine and churn until smooth and frozen or see step 3 above if you do not have an ice cream maker.

