

Sorrel-Strawberry Sorbet (“Mother Earth News” Feb/Mar 2013, Robin Mathers)

For super-smooth sorbet, churn this recipe in an ice cream maker. For a treat just as refreshing but studded with icy crystals, simply stick the mixture in your freezer. Freeze this sorbet in ice-pop forms instead for children.

Makes 1 quart

1 quart fresh (or frozen) strawberries, hulled

2/3 cup raw sugar

1/4 cup finely chopped sorrel

In a mixing bowl, stir together the strawberries and sugar. Cover and set aside for an hour. Puree strawberries with their juices and the sorrel in a blender, then press the mixture through a sieve to remove seeds and large pieces of sorrel. Chill the mixture in the refrigerator for an hour. Freeze according to your ice cream maker’s instructions. Or pop the mixture into a shallow, freezer-safe pan and freeze it. Scrape with a fork to break up ice crystals every half-hour to an hour until it is fully frozen, about 4-6 hours.