

PERSIMMON “SORBET”



This “sorbet” is so easy and perfect for when you have too many persimmons and makes a nice light dessert after a holiday meal.

Making “sorbet” in this manner, takes advantage of the natural sweetness of the persimmons – no added sugar. Also because this sorbet is not cooked, much of the nutrients are preserved.

Materials:

Hachiya (astringent) Persimmons, orange and firm
Toothbrush
Cookie Sheet

Instructions:

1. While persimmons are still hard, remove calyx and wash, using a toothbrush to wash around the calyx end.
2. Place persimmon, calyx side down on a cookie sheet and allow to fully ripen.
3. When ripe, place cookie sheet with persimmons in freezer and freeze whole.
4. When frozen, pack into freezer bags.

To Serve:

5. Place persimmon, calyx side down, into a bowl and allow to defrost for 30 mins - 1 hour. To enjoy as a “sorbet” Persimmons should still be partially frozen, not fully defrosted.
6. Enjoy with a spoon.

Variation 1:: Serve with fresh ground nutmeg and/or vanilla ice cream.

Variation 2: When persimmons are still hard, poke wooden chopsticks or popsicle sticks into calyx end. After being frozen, they become persimmon Popsicle treats.

Created by: Joni T. Diserens
Updated: October 2004