

Balsamic Fig Sorbet

Author: From "Almost From Scratch" cookbook, by Andrew Schloss

Carolyn T's
Cookbook

Servings: 6



Notes: This sounds like a kind of a ho-hum dessert, but it definitely is NOT! The chai tea mixture adds an incredible richness and elegance to the sorbet. The spices in the tea definitely come through. The figs add a viscosity to the sorbet that is unusual (thicker). The color, a kind of beige to brown color, is a little off-putting, but one taste and you'll be hooked.

Description: Sublime, that's all there is to say about this.

Preparation Time: 30 minutes

Start to Finish Time: 4 hours 30 minutes

1. Combine the water and sugar in a saucepan and bring to a boil. Add the tea bags, remove from the heat and steep for 2 minutes. Remove tea bags.
2. Remove stems from dried figs and add to the hot tea water. Allow to steep for about 20-30 minutes, until figs are soft. Puree the mixture in a blender or food processor. If using the food processor, place figs in the workbowl, add about 1/4 cup of tea liquid and pulse until figs are completely pureed. Add remaining tea liquid and balsamic vinegar and blend thoroughly.
3. Pour mixture into a shallow pan and freeze until solid, about 4 hours or longer. Cut into cubes and puree in food processor until creamy. Store in a tightly sealed container in the freezer for up to one week. If the mixture should become solid, puree it again before serving.

3 cups water

1 cup sugar

3 bags Celestial Seasoning Bengal Spice tea bags

6 whole dried figs, Calimyrna type

2 teaspoons balsamic vinegar

Serving Ideas: Serve a small portion, and add a cookie or biscotti to the plate.

Categories: Desserts

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

Per Serving (excluding unknown items): 178 Calories; trace Fat (1.1% calories from fat); 1g Protein; 46g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 6mg Sodium. Exchanges: 1 Fruit; 2 Other Carbohydrates.