

Fresh Rhubarb Sorbet

This recipe is from the Baker columnist Flo Braker, originally published in the Food section in 1993. When cleaning the celery-like rhubarb stalks, remove the leaves — they are toxic.

1¾ pounds fresh rhubarb, cleaned and trimmed

¾ cup + 2 tablespoons sugar

1½ cups dessert wine, chilled

Instructions: Cut rhubarb into 1½-inch pieces. Place in a large shallow, oblong, ceramic or glass baking dish. Sprinkle sugar over the top and bake in a 350° oven for about 25 minutes, or until soft. Set aside to cool.

Puree rhubarb with its liquid in a food processor or blender. Refrigerate until well chilled.

Combine wine with puree; transfer to an ice-cream maker and freeze according to manufacturer's instructions.

Makes about 1 quart.

Per serving: 160 calories, 1 g protein, 28 g carbohydrate, 0 g fat, 0 mg cholesterol, 9 mg sodium, 2 g fiber.



Wine pairing: Muscat Canelli, Muscat de Beaumes-de-Venise, or a late-harvest Riesling are good choices for this sorbet.