

ICY



Red Wine-and-Blueberry Granita doesn't require any special equipment to make. Just freeze the mixture in a baking dish and scrape with tines of a fork until fluffy.

RED WINE-AND-BLUEBERRY GRANITA

- 4 cups fresh blueberries
- 2 cups Basic Sugar Syrup
- 2 cups Burgundy or other dry red wine

Position knife blade in food processor bowl; add blueberries. Process until smooth. Strain mixture through a sieve into a large saucepan; discard solids.

Add Basic Sugar Syrup and wine, and bring to a boil. Reduce heat, and simmer, uncovered, 3 to 4 minutes. Remove from heat, and let cool. Pour cooled mixture into an 8-inch square baking dish; cover and freeze at least 8 hours or until firm.

Remove mixture from freezer; scrape entire mixture with the tines of a fork until fluffy.

Spoon into a container; cover and freeze for up to 1 month. Yield: 5 cups (serving size: ½ cup).

CALORIES 179 (1% from fat); PROTEIN 0.5g; FAT 0.2g (sat 0g, mono 0.1g, poly 0.1g); CARB 39.5g; FIBER 2.7g; CHOL 0mg; IRON 0.3mg; SODIUM 7mg; CALC 7mg

ORANGE GRANITA

- 4 cups fresh orange juice
- 1 cup Basic Sugar Syrup
- 2 tablespoons orange marmalade

Combine all ingredients in a large bowl, stirring with a wire whisk until blended. Pour mixture into a 13 x 9 x 2-inch baking dish; cover and freeze at least 8 hours or until firm.

Remove mixture from freezer; scrape entire mixture with the tines of a fork until fluffy. Spoon into a container; cover and freeze for up to 1 month. Yield: 7 cups (serving size: ½ cup).

CALORIES 80 (1% from fat); PROTEIN 0.5g; FAT 0.1g (sat 0g, mono 0g, poly 0g); CARB 20.3g; FIBER 0.1g; CHOL 0mg; IRON 0.1mg; SODIUM 3mg; CALC 7mg

RED RASPBERRY SORBET

- 3 cups fresh raspberries
- 1½ cups Basic Sugar Syrup

Position knife blade in food processor bowl; add raspberries and Basic Sugar Syrup, and process until smooth. Pour mixture into an 8-inch square baking dish; cover and freeze at least 8 hours or until firm.

Remove mixture from freezer; break into chunks. Position knife blade in food processor bowl; add frozen chunks, and process until smooth. Serve immediately, or spoon mixture into a container; cover and freeze for up to 1 month. Yield: 4 cups (serving size: ½ cup).

CALORIES 131 (2% from fat); PROTEIN 0.4g; FAT 0.3g (sat 0g, mono 0.1g, poly 0.1g); CARB 34g; FIBER 3.4g; CHOL 0mg; IRON 0.3mg; SODIUM 0mg; CALC 10mg

PEACH-ALMOND SORBET

- 6 cups diced, unpeeled very ripe fresh peaches (about 2 pounds)
- 3 cups water
- 1 cup sugar
- 2 tablespoons fresh lemon juice
- ¼ teaspoon almond extract

Combine first 4 ingredients in a large saucepan; bring to a boil. Cover, reduce heat to medium, and cook 20 minutes or until peaches are soft.

Press peach mixture through a sieve; reserve 6 cups juice mixture, and discard solids. Add almond extract to reserved juice mixture, stirring well. Pour juice mixture into an 11 x 7 x 2-inch baking dish; cover and freeze

for at least 8 hours or until firm. Remove mixture from freezer; break into chunks.

Position knife blade in food processor bowl; add frozen chunks, and process until smooth. Spoon into a container; cover and freeze for up to 1 month. Yield: 5 cups (serving size: ½ cup).

CALORIES 126 (1% from fat); PROTEIN 0.8g; FAT 0.1g (sat 0g, mono 0g, poly 0.1g); CARB 33g; FIBER 1.8g; CHOL 0mg; IRON 0.1mg; SODIUM 0mg; CALC 6mg

CLASSIC LEMON GRANITA

- 1 cup sugar
- 2 cups water
- ½ cup fresh lemon juice
- 1 teaspoon grated lemon rind

Combine all ingredients in a saucepan. Bring to a boil, and cook 1 minute or until sugar dissolves, stirring constantly. Remove from heat, and let cool.

Pour cooled mixture into a 13 x 9 x 2-inch baking dish. Cover and freeze for at least 8 hours or until firm.

Remove mixture from freezer; scrape entire mixture with the tines of a fork until fluffy. Spoon into a container; cover and freeze for up to 1 month. Yield: 3 cups (serving size: ½ cup).

CALORIES 134 (0% from fat); PROTEIN 0.1g; FAT 0g (sat 0g, mono 0g, poly 0g); CARB 35.1g; FIBER 0g; CHOL 0mg; IRON 0mg; SODIUM 1mg; CALC 2mg

STRAWBERRY-WINE SORBET

- 4 cups coarsely chopped strawberries (about 1½ pounds)
- 1 cup Chablis or other dry white wine
- ¾ cup Basic Sugar Syrup
- ½ cup honey
- ¼ cup lemon juice

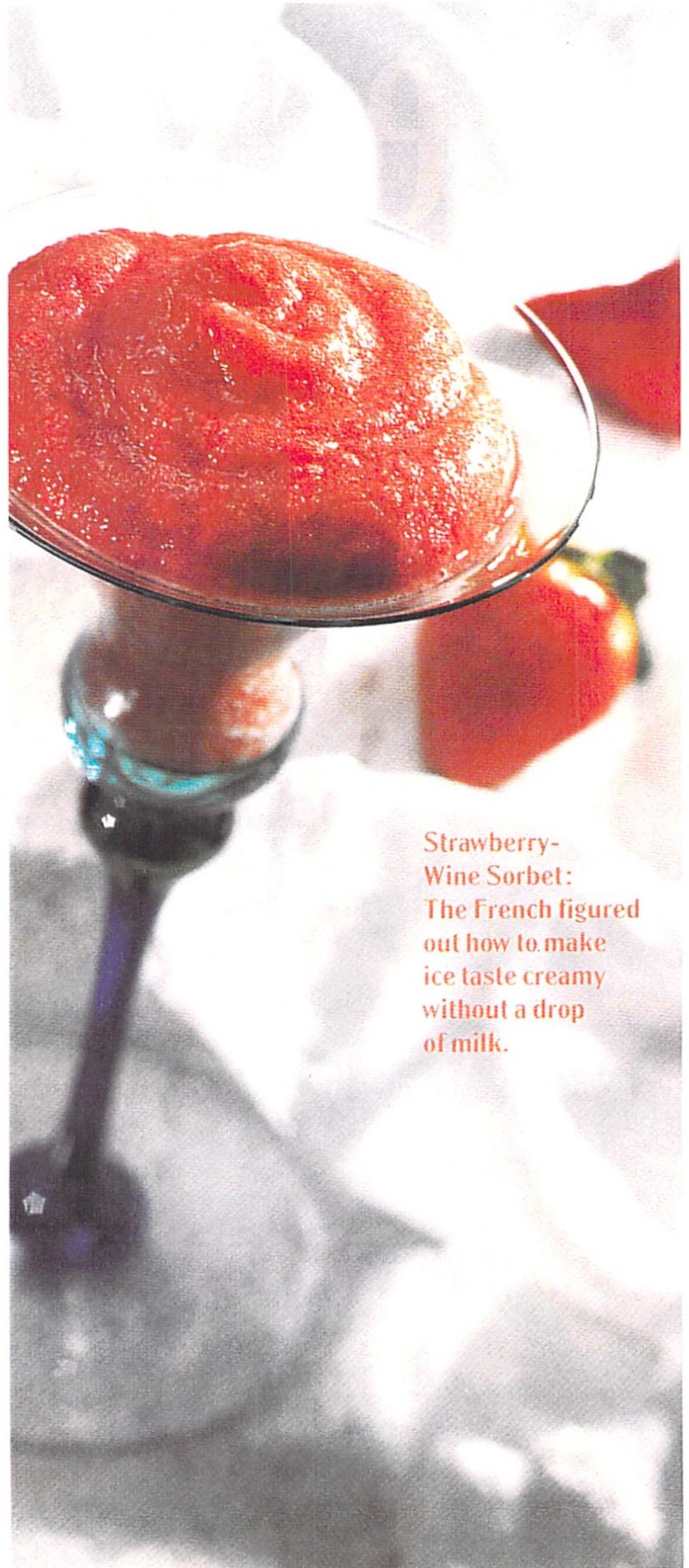
Combine all ingredients in a large saucepan, and bring to a boil. Reduce heat, and simmer, uncovered, 4 minutes. Remove from heat, and let cool.

Pour cooled mixture into an 8-inch square baking dish; cover and freeze for at least 8 hours or until firm.

Remove mixture from freezer; break into chunks. Position knife blade in food processor bowl; add frozen chunks, and process until smooth. Serve immediately, or spoon mixture into a container; cover and freeze for up to 1 month. Yield: 5 cups (serving size: ½ cup).

CALORIES 132 (3% from fat); PROTEIN 0.5g; FAT 0.4g (sat 0.1g, mono 0.1g, poly 0.1g); CARB 30.2g; FIBER 1.5g; CHOL 1mg; IRON 0.4mg; SODIUM 3mg; CALC 13mg

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Strawberry-Wine Sorbet:
The French figured out how to make ice taste creamy without a drop of milk.