



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Orange Bell Pepper**

Orange Bell Pepper Sherbet

Ingredients:

4 large orange bell peppers, cored, seeded, and roughly chopped
1 ½ cups sugar, separated
rind and juice of 6 ripe Clementine oranges
2 cups heavy cream
¼ cup water
2 Tbs orange liqueur (optional)

Directions:

Peel the rind from the Clementine oranges reserving the rind of 3 oranges. You can freeze the remaining rinds for another recipe.

Heat the reserved orange rind, peppers, and water over medium high heat until the peppers soften, about 15 minutes. (Don't worry the peppers will burn because there isn't enough water, the peppers will release their own juices during the cooking process.) Once the peppers have softened, remove the mixture from the heat. Stir in 1 cup sugar and the orange juice. Take a submersion blender and blend the mixture until smooth. Allow to cool completely. Taste the mixture, if the oranges weren't ripe enough to balance out the peppers, add the orange liqueur for more flavor.

Beat the heavy cream and half cup sugar until soft ribbons form. Combine the cream and pepper mixture. Place in the freezer for two hours, give it a good stir then place back in the freezer until completely frozen.

***Important-** When you peel the oranges, be sure you are peeling just inside the rind. If you dig too far into the white of the skin, the bitterness will over take your recipe.