

From Dr Martha's Mom - Connie

One way to get to know cranberries is to enjoy their flavor. The following is my family's recipe for cranberry sherbet. As a rule I do not recommend extremely cold foods, but on occasion this is one old family recipe that is fun to eat. It is unusual and tasty.

Ingredients:

4 cups cranberries

4 cups (960 ml) water

2 1/2 cups (566 g) sugar or sweetener

1 cup (240 ml) orange juice

4 tablespoons (60 ml) lemon juice

2 tablespoons (30 ml) rose water

Simmer berries in water for fifteen minutes until mushy. Mash and strain. Add the sugar or sweetener and stir until dissolved. Add fruit juices and freeze in the bowl until mushy. Take out of freezer and beat with electric beater on low, then medium, then high until very frothy. Add rose water. Line a cupcake pan with cupcake papers and spoon frothy sherbet into the papers and freeze until hard. Usually makes 18 servings of sherbet.

Decorate with fresh flower or candied violets, before serving.