

PINK GRAPEFRUIT AND VERMOUTH SORBET

MAKES ABOUT 2 CUPS / This refreshing sorbet also can be served as a cocktail. Scoop a small ball of the sorbet into chilled martini glasses, add vodka, and serve. I prefer Noilly Prat brand vermouth, because its flavor is the most distinctive of those I've tasted.

2 large pink grapefruits

1/4 cup dry vermouth

2 tablespoons sugar

Peel and section 1 of the grapefruits (page 235), reserving the juice and segments separately. Juice the remaining grapefruit and combine with the reserved juice. You should have about 1 cup total. Whisk the grapefruit juice, vermouth, and sugar together in a bowl until the sugar dissolves. Pour the mixture into an ice cream maker and freeze according to the manufacturer's instructions. Transfer the sorbet to an airtight container and freeze until set, at least 2 hours.

To serve, let the sorbet sit on the counter for 15 to 20 minutes (or in the refrigerator for about 1 hour) before scooping into small chilled dishes. Arrange the grapefruit segments around the sorbet and serve



SORBET AT ROVER'S—We make a lot of sorbet at Rover's. With the multicourse set menu format that most of our customers prefer, I offer a sorbet course as a palate cleanser, typically between the fish and the meat courses. It's for that reason that many of the sorbets we make have savory elements in them, though sugar is always included. Of course, sorbets are among our dessert offerings as well, as an element on the "Symphony of Desserts" plate. You can also simply serve the sorbets alone, perhaps with butter cookies (page 226) alongside, or as an accent to a wide variety of recipes.

I use invert sugar to make sorbet because it gives sorbet a smoother texture (thanks to smaller sugar crystals) so it doesn't freeze as hard as it would otherwise. Invert sugar is regular sucrose that has been treated with acid and heat and is available in cake decorating shops and through specialty pastry suppliers. Another option when making sorbet is to add a bit of egg white—about 1/4 per recipe, whipped almost to soft peaks—to the sorbet mixture shortly before it has finished churning in the ice cream maker. The whipped egg white lightens the texture of the frozen mixture, making it easier to scoop.

Sorbet made without egg white or invert sugar should be allowed to sit at room temperature for 15 to 20 minutes (or in the refrigerator for about an hour) before serving. (Smaller batches of sorbet will need less sitting time.) Sorbet that contains a little alcohol also does not freeze as solid, needing less sitting time at room temperature or sometimes none at all.