

Sparkling Sorbet Float

Here is an utterly simple and “low” ending to a nice meal. Calculations are based on using Honey-Tangerine Sorbet, page 398, and champagne; but any sorbet would be comparable, and sparkling juice in place of champagne adds negligible phe/protein. VS

For each float

⅓ cup sorbet of choice

⅓ cup champagne or sparkling juice
(or to fill dessert dish as desired)

1. For each serving, fill a pretty stemmed glass dessert dish with 3 or more small

scoops of one or several kinds of sorbet using a melon baller or other small scoop.

2. Fill the dish either with champagne or with sparkling juice to within ½-inch of the top edge. Decorate with a mint leaf and/or a piece of fruit that reflects the type of sorbet (for example, a fresh raspberry with raspberry sorbet). Serve with festive straws or a spoon.

Fruit Brochettes

When you don't want a fancy or heavy ending to a nice meal, try these fruit brochettes for a refreshing and attractive finale. You can prepare the sugar-citrus syrup the night before and begin marinating the fruit skewers up to an hour in advance of serving. Try other three-fruit combinations, choosing from such fruits as banana chunks, mango chunks, honeydew melon or cantaloupe chunks, orange segments, etc., using three different colors of fruit to make the brochettes colorful and attractive. Serve with a scoop of sorbet alongside the brochettes if you wish, or with a simple cookie. VS

Citrus Syrup

¾ cup sugar

¾ cup water

zest of ½ lemon

zest of 1 lime

Brochettes

½ medium fresh pineapple, cut into chunks (440 gm)

4 medium kiwi fruit, peeled and cut into quarters (260 gm)

16 medium whole strawberries (320 gm)

8 10-inch wooden skewers
fresh mint leaves for garnish (optional)

1. In a small saucepan over medium heat, combine sugar and water. Add lemon zest and lime zest. Bring to a simmer and continue simmering until sugar dissolves, about 2 minutes. Let sugar syrup cool.

2. To prepare pineapple, cut off peel, then cut in half lengthwise, reserving one half for another use. Cut the half into quarters lengthwise. Remove core; cut each quarter into 6 pieces crosswise, forming 24 chunks.

3. For each skewer, thread fruit in an alternate pattern: start with a pineapple chunk, then a strawberry, then a piece of kiwi and repeat, ending with a pineapple chunk.

4. Place skewers in a shallow dish just large enough to hold them in a single layer. Pour the citrus syrup over the skewers. Refrigerate for at least 20 minutes and up to 1 hour, so the flavor of the syrup infuses the fruit. Turn once during that time to make sure all sides of the fruit are covered with syrup.

5. Serve skewers on a plate, topped with 2 tablespoons of the syrup. Garnish with a mint leaf if desired.

Sparkling Sorbet Float

1 float per serving

	recipe	per serving
protein (gm)	0.4	
calories (kcal)	154	

phenylalanine (mg)	4
tyrosine (mg)	4
leucine (mg)	6

sodium (mg)	1
potassium (mg)	106
phosphorous (mg)	6

Fruit Brochettes

Makes 8 servings

1 brochette per serving

	recipe	per serving
protein (gm)	6.9	0.9
calories (kcal)	1041	130

phenylalanine (mg)	228	29
tyrosine (mg)	241	30
leucine (mg)	386	48

sodium (mg)	17	2
potassium (mg)	1855	232
phosphorous (mg)	206	26

