

FRESH CHERRY SOUP WITH LEMON SORBET

SOURCE: Food & Wine - June 2002 (Nick Mautone of NYC's Gramercy Tavern)

According to legend, maraschino cherries are so named because of marasca being the local name for cherries near Trieste, Italy.

INGREDIENTS:

1.5 lbs sweet cherries, pitted
1 C dry red wine
1 C water
1 TBS light brown sugar
1/4 C + 2 TBS reduced-fat sour cream
3 TBS fresh lemon juice
1/4 tsp pure almond extract
4 rounded TBS lemon sorbet
4 mint sprigs (for garnish)

DIRECTIONS:

In medium saucepan, bring cherries, wine, water + brown sugar to boil - reduce heat to low - simmer 10 minutes - let cool 15 minutes - then pass cherries through food mill fitted with fine disk into a glass bowl OR purée in food processor – cover/refrigerate till cold (at least 2 hours) OR overnight.

Add sour cream, lemon juice + almond extract to cherry soup - whisk till smooth - ladle soup into bowls - top with lemon sorbet - garnish each bowl with 1 mint sprig - serve immediately.

Serves: 4

NUTRITIONAL VALUES: Calories 207, Total fat 3.2 gm, Saturated fat 1.4 g