

Honey Roasted Fennel Sorbet with Pickled Blueberries

Pickled Blueberries

Ingredients:

- ½ cup Michigan apple cider vinegar
- ¼ cup Michigan maple syrup
- ½ tsp salt
- 1 cup fresh Michigan blueberries

Directions:

1. In a medium sauce, heat the maple syrup, vinegar, salt until all ingredients are dissolved
2. Wash and pick through the blueberries discarding any blueberries that are not firm.
3. In a shallow heatproof container and once the mixture, cools to 140F pour over the blueberries.

Nutrition Facts



Serving (1)
349.3g



Calories	314 kcal	16%
Calories from Fats	0.69 kcal	0%
Total Fat	0.54 g	1%
Saturated Fat	0.05 g	0%
Cholesterol	0 mg	0%
Sodium	1196 mg	50%
Total Carbs	75.4 g	25%
Fiber	3.6 g	14%
Sugars	62.8 g	126%
Protein	1.1 g	2%




Fennel Sorbet

Ingredients:

2 medium size Fennel bulb with fronds
1 T oil
1 cup Michigan local honey
1 lemon, halved
½ cup white wine
¼ tsp salt (coarse)

Directions:

1. Preheat oven to 350F
2. Quarter fennel bulbs remove the green stalks and fennel fronds. Reserve fennel stalks and fronds. Rub the quartered fennel bulbs with oil.
3. On a baking sheet place, quartered fennel bulb in the oven along with the halved lemon cut side down and roast for 25-30 minutes.
4. While the fennel roasts. In a medium saucepan, add 1-cup honey ½-cup white wine and heat over medium low heat until honey is dissolved. Chop fennel stalks & fronds and simmer for 5-8 minutes. Strain fennel stalks & fronds and reserve liquid.
5. While fennel is still warm place into blender or food processor along with honey syrup liquid, juice from the charred lemons, and blend until smooth.
6. Place into an ice cream maker and churn until smooth and creamy.

Nutrition Facts		
<div>  <div> <div>Serving (1)</div> <div>938.9g</div> </div> <div>➔</div> </div>		
Calories	1361 kcal	68%
Calories from Fats	204 kcal	10%
Total Fat	14.7 g	23%
Saturated Fat	1.4 g	7%
Trans Fat	0.05 g	3%
Cholesterol	0 mg	0%
Sodium	850 mg	35%
Total Carbs	320 g	107%
Fiber	16.8 g	67%
Sugars	299 g	598%
Protein	7.5 g	15%