



Mulberry Granita



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Introduction

Mulberry granita is a refreshing and delightful frozen treat that captures the essence of summer. It is a simple yet elegant dessert that showcases the natural sweetness and unique flavor of mulberries. Ideal for hot days or as a palate cleanser between courses, this granita is easy to prepare and can be made ahead of time, making it a perfect addition to any occasion.

Detailed Ingredients with measures

- Fresh mulberries (2 cups)
- Water (1 cup)
- Granulated sugar (1/2 cup)
- Lemon juice (2 tablespoons)

Prep Time

The prep time for this mulberry granita is approximately 10 minutes. It is quick to prepare, allowing you to enjoy a refreshing dessert in no time.

Cook Time, Total Time, Yield

Cook Time: 10 minutes

Total Time: 4 hours (includes freezing time)

Yield: Serves about 4-6 people

This easy mulberry granita is perfect for gatherings or a quiet night at home. Enjoy the vibrant flavors of summertime with every bite!



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Detailed Directions and Instructions

Step 1: Prepare the Mulberries

Start by rinsing the mulberries under cold water to remove any dirt or impurities. Make sure to remove any stems or leaves.

Step 2: Make the Mulberry Mixture

In a blender, combine the cleaned mulberries with sugar and lemon juice. Blend until smooth. If desired, strain the mixture through a fine sieve to remove seeds and pulp.

Step 3: Freeze the Mixture

Pour the mulberry mixture into a shallow dish or tray. Place it in the freezer. Allow it to freeze until solid, which usually takes about 4-6 hours.

Step 4: Scrape to Create Granita Texture

Once the mixture is frozen, use a fork to scrape the surface, creating a light and fluffy texture. Continue scraping until the entire mixture has a granita-like consistency.

See also Creamy Tomato Basil Soup

Step 5: Serve the Granita

Scoop the granita into serving glasses or bowls. Optionally, garnish with fresh mulberries or mint leaves before serving.

Notes

Note 1: Sugar Adjustment

You can adjust the amount of sugar according to your taste and the sweetness of the mulberries.

Note 2: Alternative Fruits

This recipe can be adapted using other fruits such as raspberries or blueberries to create different flavors of granita.

Note 3: Storage

Granita can be stored in the freezer in an airtight container. Just remember to scrape it again before serving if it hardens.

Note 4: Garnishing Ideas

Consider adding a splash of soda or sparkling water over the granita for a refreshing drink-like experience.



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Cook techniques

Blending

Blending the mulberries until smooth is essential to achieving the right texture for your granita. Use a high-speed blender to ensure all the fruits are well-puried.

Straining

After blending, straining the mixture helps remove any seeds or pulp, resulting in a smoother granita.

Freezing

Pouring the strained mixture into a shallow dish for freezing allows it to freeze evenly. Stir it with a fork every 30 minutes to create the desired fluffy texture.

Fluffing

Fluffing the granita with a fork as it freezes ensures that it does not solidify into a single block but maintains a light and airy texture.

FAQ

Can I use frozen mulberries for this recipe?

Yes, you can use frozen mulberries. Just ensure they are fully thawed before blending.

How long does the granita last in the freezer?

Granita can last up to 1-2 weeks in the freezer if stored in an airtight

container.

See also Pumpkin Zucchini Bread

What can I substitute for mulberries?

If you cannot find mulberries, other berries like blackberries, raspberries, or strawberries can be used as substitutes.

Can I make this granita without sugar?

Yes, you can reduce or omit the sugar, but it might alter the flavor and texture slightly. Consider using a natural sweetener instead.

Is this recipe vegan-friendly?

Yes, this recipe is completely plant-based and vegan-friendly.



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Conclusion

The mulberry granita is a refreshing and delightful treat that captures the essence of summer. Its simple preparation and vibrant flavor make it a fantastic addition to any gathering or a perfect way to cool down on a hot day. With its naturally sweet and tart notes, this granita is sure to impress anyone who tries it. Enjoy the pleasure of this frozen dessert as a unique and tasty experience.

More recipes suggestions and combination

Berry Medley Granita

Combine mulberries with strawberries, blueberries, and raspberries for a colorful and flavorful berry medley granita.

Citrus Burst Granita

Mix in fresh orange and lemon juice to your mulberry granita for a zesty twist that brings out the fruit's sweetness.

Minty Melon Granita

Incorporate blended watermelon and fresh mint into your granita for a refreshing summer treat that pairs well with mulberries.

Chocolate Mint Granita

Add a hint of cocoa powder and fresh mint leaves to create a decadent and refreshing granita perfect for chocoholics.

Peachy Mulberry Bliss

Combine ripe peaches with mulberries for a sweet and tangy granita that's a delightful homage to summer flavors.

Coconut Granita Base

Use coconut water as a base for a tropical-inspired mulberry granita, offering a refreshing and hydrating dessert option.

See also Churro Cheesecake Bars



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