



# Influenza Rx Sorbet

*from Jeni's Splendid Ice Creams at Home  
makes 1 generous quart*

- 2 cups fresh orange juice (from 5-6 oranges)
- 1/3 cup fresh lemon juice (from about 2 lemons)
- 2/3 cup sugar
- 1/3 cup honey (preferably good raw honey)
- 1/4 teaspoon powdered ginger
- One 3-ounce packet liquid pectin
- 2-4 tablespoons Maker's Mark bourbon (optional)

Combine the orange and lemon juices, sugar, honey and ginger in a medium saucepan and bring to a boil, stirring to dissolve the sugar. Remove from the heat.

Add the pectin, cayenne and bourbon, if using. Pour into a bowl, cover and refrigerate until cold.

Freeze the sorbet just until it is the consistency of very softly whipped cream. (You can eat it now, if you wish; otherwise, process as directed.)

Pack the sorbet into a storage container, press a sheet of parchment paper directly against the surface and seal with an airtight lid. Freeze in the coldest part of your freezer until firm, at least 4 hours.