



Pomegranate Juice Icing

By Erin Fletter

Prep Time 5 / Cook Time / Serves 4 - 6

Fun-Da-Mentals Kitchen Skills

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Medium mixing bowl
- ☐ Whisk

Ingredients

Pomegranate Juice Icing

- ☐ 1 1/4 C powdered confectioners sugar
- ☐ 2 to 3 T fresh pomegranate juice
- ☐ 1 pinch sesame or poppy seeds, optional ****(Omit for SESAME or POPPY SEED ALLERGY)****

Food Allergen Substitutions

Pomegranate Juice Icing

Sesame/Poppy Seed: Omit sesame and poppy seeds.

Instructions

Pomegranate Juice Icing

intro

This icing goes great on top of doughnuts and sweet breads, like our Amazing Apple Carrot Raisin Challah (see recipe). If you are making the challah, as it bakes and cools, you can make the Pomegranate Juice Icing!

measure + whisk

Have kids measure and mix together **1 1/4 cups of confectioners sugar** and **2 to 3 tablespoons of pomegranate juice** into a medium-sized bowl. Whisk everything together. Set to the side.

drizzle + sprinkle

After the Challah has cooled for a bit; pluck them out of the muffin pan, drizzle with the pomegranate juice icing and sprinkle the top with sesame or poppy seeds!

Featured Ingredient: Pomegranate!

Hi! I'm Pomegranate!

"I am an unusual fruit. I have a hard outer shell, and when you open me up, you'll see hundreds of juicy red seeds! My seeds are the edible part of the fruit. They taste both sweet and tart. Keep in mind we can stain!"

History & Etymology

The pomegranate is thought to have originated in Ancient Persia. Its cultivation eventually spread to Afghanistan, the Mediterranean region, and Asia.

Archaeological evidence confirms the early domestication of pomegranates in the ancient Near East (Persia, Mesopotamia, Egypt, Asia Minor). Remains from the New Stone Age and Bronze Age have been discovered in Israel.

Ancient Egyptians, Greeks, and Romans ate pomegranates. They were a symbol of fertility and believed to restore youthful energy and vitality. The fruit was sometimes put in Ancient Egyptian tombs.

Pomegranates were introduced to Spain by the Phoenicians around 850 BCE.

The pomegranate was introduced to California by Spanish missionaries in 1769. California produces the most pomegranates in the United States.

The top producer of pomegranates worldwide is India, followed by Iran, China, Turkey, and Afghanistan.

The word "pomegranate" is from Middle English, from the Old French "pome grenate," from the Medieval Latin "pōmum" ("apple") + "granatus" ("seeded") or "apple with seeds."

Anatomy

Pomegranates (*Punica granatum*) are deciduous shrubs or small trees in the *Punica* genus, Lythraceae family (previously Punicaceae), and Punicoideae subfamily. They grow to an average of 10 to 16 feet tall, with some cultivars reaching a height of 30 feet.

The trees are known for their longevity. Some have survived for 200 years.

The branches of pomegranate trees have thorns. Their flowers are bright red.

The pomegranate fruit is botanically a berry. It is more round when unripe and can be between 2 and 4 1/2 inches in diameter. It has a hard, deep red rind with thick, white, spongy membrane inside and an average of 600 bright red edible arils (seeds) filled with red juice.

Some pomegranate trees are grown for their flowers, not their fruit, and are ornamental.

How to Pick, Buy & Eat

A pomegranate is ripe when the outer rind becomes a deep shade of red and gives with a bit of pressure. Its shape will become less rounded with the sides being slightly squared. The heavier the pomegranate, the more seeds and juice it will have.

Whole fruit should be stored in a cool, dry location, with good ventilation and not in direct sunlight. It can be refrigerated for up to two months. If the seeds have been removed, they will last five days in the refrigerator or frozen for up to one year.

To open a pomegranate, cut off about half an inch of the crown or top of the fruit. Once the top is off, you will see it is divided into 4 to 6 sections of white membrane. Score the rind along each section. Next, pull the pomegranate apart over a bowl of water and pry the seeds loose with your thumbs. The seeds will sink, and everything else that floats can be scooped away. Then, drain the water from the seeds.

You can eat fresh pomegranate seeds on their own for a snack, or you can add them to salads, dips, drinks, baked goods, ice cream, yogurt, or roasted meat.

Dried pomegranate seeds may be ground and mixed with spices, steeped in water for tea, or added to granola bars, trail mix, baked goods, relishes, chutneys, salads, ice cream, or yogurt.

You can drink pomegranate juice on its own, or it can be added to drinks, glazes, marinades, and syrups. Pomegranate molasses, made from concentrated pomegranate juice, is popular in West Asia.

Nutrition

Pomegranates are a good source of vitamins C and K, fiber, and potassium.

They are rich in antioxidants, including polyphenols and anthocyanins. These antioxidants help prevent cell damage, reduce inflammation, and benefit heart and brain health.