

strawberry pomegranate soda

Pomegranate juice is loaded with antioxidants that help the body fight diseases of all sorts. Its intense flavor is matched by its overt tartness. In this soda, the pomegranate's pucker is tempered by the floral sweetness of strawberries.

STRAWBERRY POMEGRANATE SYRUP

- 1 pint strawberries, hulled and coarsely chopped
- 1 cup sugar
- 1 cup unsweetened pomegranate juice, fresh (page 61) or bottled

ENOUGH FOR 3 SERVINGS

Combine the strawberries and sugar in a small bowl and let sit for 10 minutes. Combine the mixture with the pomegranate juice in a blender or food processor and purée. Set a strainer over a small bowl and scrape the purée into the strainer, so that the liquid drains into the bowl below.

Stir the purée gently as it strains to get as much liquid through as possible without forcing any solids into the strained liquid. Discard the solids, reserving the liquid. You should have about 2 cups.

The syrup can be stored in the refrigerator for up to 2 days, but is best used immediately.



TO MIX WITH SELTZER

- 2/3 cup strawberry pomegranate syrup
- 2/3 cup seltzer

1 SERVING

Pour the syrup into a tall glass. Add the seltzer and stir just until blended. Add ice and serve.



TO CARBONATE WITH A SIPHON

- 2 cups water
- 1 batch strawberry pomegranate syrup

3 SERVINGS

Combine the water and syrup in a 1-quart soda siphon. Charge with CO₂ according to the manufacturer's directions. Siphon-charged sodas can be stored in the siphon in a refrigerator for up to 5 days. Disperse as desired into tall glasses filled with ice, and serve.



Fresh Pomegranate Juice

THERE ARE TWO METHODS for making fresh pomegranate juice. Either one will make about 1 cup of juice from a medium-size pomegranate.

METHOD 1: Cut the pomegranate in half along its equator. Working with one half at a time, place the fruit, cut side down, on a square of double-thick cheesecloth that has been dampened with water. Wrap the corners of the cheesecloth up around the pomegranate and squeeze the juice into a container.

METHOD 2: Cut a pomegranate in quarters. Scoop the seeds and flesh into a food processor equipped with a knife blade. Process until the juice separates from the seeds and pulp. Strain out the solids, reserving the juice.