

Cantaloupe/Muskmelon Sorbet
The Ultimate Ice Cream Book by Bruce Weinstein

1 small ripe cantaloupe or muskmelon
1/4 cup orange juice
3/4 cup superfine sugar
1/2 teaspoon salt

Remove the rind and seeds from the melon. Cut the flesh into 1/2-inch cubes. You should have about 2 heaping cups of fruit. Place the cut-up melon in a blender with the orange juice, sugar and salt. Blend until the melon is pureed and the sugar has dissolved, about 30 seconds. Cover and refrigerate until cold.

Stir the chilled mixture, then freeze in one or two batches in your ice cream machine according to the manufacturers instructions. When finished, the sorbet will be soft but ready to eat. For firmer sorbet, transfer to a freezer-safe container and freeze at least 2 hours.

Cantaloupe Strawberry Sorbet: Add 1 cup sliced strawberries and 2 tablespoons honey to the blender along with the cantaloupe. If necessary, puree fruit in two or three batches. Proceed with the recipe as directed.

Frozen Honeydew Melon Sherbet

500 Treasured Country Recipes | Martha Story

4 cups frozen melon chunks, 1-1 1/2 inches in diameter

1/4 – 3/4 cups fruit juice or cider sweetener (optional)

2 tablespoons liqueur (optional)

Drop the fruit, a little at a time, into a food processor with the motor running. Slowly pour in the juice, a little at a time. A sweetener is not necessary, but you can replace some of the liquid with honey, maple syrup, or sugar, if you like. Process until smooth and thick. Stir in liqueur, if desired. Serve at once.

Honeydew Smoothie

Sandra Lee | www.foodnetwork.com

2 cups honeydew melon, cubed

1 cup vanilla low-fat yogurt

2 tablespoons apple juice, from frozen concentrate

Ice

Honeydew melon slices, for garnish

In a blender, combine melon, yogurt, and apple juice concentrate. Blend until smooth. With blender running, add ice until frothy. Pour into 2 (16-ounce) glasses and garnish with sliced melon.

Kids Watermelon Grape Fizz

www.watermelon.org

- 1 cup seedless watermelon puree
- 1/4 cup grape juice
- 3/4 cup sparkling water
- 1 serving crushed ice to taste

Mix together the watermelon puree and grape juice in an oversized tumbler. Add the sparkling water, then the ice, which causes a nice fizz. Serve immediately.

Kid's Watermelon Strawberry Shake and Frozen Smoothie Pops

www.watermelon.org

Strawberry Shake

1 container (8 ounces) lemon nonfat yogurt
2 cups cubed, seeded watermelon
1 pint fresh strawberries, cleaned and hulled
1 banana medium, peeled and sliced

Frozen Smoothie Pops

Strawberry Shake
Small paper cups
Popsicle sticks

For Strawberry Shake:

In blender or food processor, process yogurt, watermelon, strawberries and banana until smooth and frothy. Serve immediately.

For Frozen Smoothie Pops:

Pour prepared Watermelon Strawberry Shake into small paper cups. Freeze, inserting popsicle sticks or plastic spoons when mixture is partially frozen. Or, pour Watermelon Strawberry Shake into ice cream machine. Set and enjoy!

Summer Fruit Cream Freeze

betteirene | www.food52.com

When melons, strawberries or peaches are in season, I prepare some of the bounty for the freezer so that I can make this in 30 seconds. I've substituted plain yogurt and vanilla yogurt, but we like it best with cream.

Serves 2-4

2-3 cups frozen seedless watermelon, cantaloupe
or honeydew balls, or peeled, pitted and frozen
peach slices, or whole frozen strawberries
1/2 cup heavy cream
1 tablespoon honey (optional)

Place fruit in the bowl of a food processor fitted with the metal blade. Pulse until fruit is a smooth but firm slush. With blade running, pour cream and honey, if using, through feed tube and process until well blended, about 15-20 seconds.

Spoon into bowls and serve immediately.

Vanilla-Melon Smoothies

Celia Barbour | Oprah.com | 0 July 2007

1 cantaloupe or honeydew , peeled, seeded, cut into chunks and chilled

1 whole banana , peeled

1/2 cup vanilla yogurt 1/2 teaspoon vanilla extract

In a blender, combine melon, banana, yogurt and vanilla extract. Blend until smooth. (This may need to be done in batches.) Pour melon mixture into glasses. Serve immediately.

Watermelon, Black Bean and Corn Salsa

www.watermelon.org

2 cans corn kernels, drained and rinsed or 2 cups fresh

2 cans black beans, drained and rinsed

1 piece purple onion, chopped

2 pieces jalapeno peppers, seeded and chopped

2 cloves garlic, minced

1/4 cup chopped cilantro

1 tablespoon ground cumin

2 teaspoons mild chili powder

2 pieces juice from 2 fresh limes

1/4 cup olive oil

1 dash salt to taste

3 cups chopped seedless watermelon

If using fresh corn, boil on the cob for 5 minutes then put in an ice bath until cool to the touch. Cut the kernels off the cob.

Mix together all ingredients except watermelon until well combined. Gently fold in watermelon. Chill.

Watermelon Mignonette Sauce

www.watermelon.org

1 tablespoon coarsely ground black peppercorns

1/4 cup aged balsamic vinegar

1 cup watermelon puree

2 tablespoons finely chopped shallots

1 dash salt to taste

Combine all ingredients and chill. Serve with chilled oysters or clams on the half shell.

This elegant mignonette sauce is a great pairing with oysters or clams, but is also wonderful over grilled salmon or shrimp.

Watermelon Rind Pickles

www.watermelon.org

8 cups water

2 tablespoons coarse salt

5 cups peeled watermelon rind(leave a thin layer of pink), cut into 1/2 X 2 inch pieces

1 1/2 cups granulated sugar

1 cup cider vinegar

1 teaspoon colored peppercorns

8 pieces whole cloves

1/2 teaspoon pickling spice

2 pieces long slices fresh gingerroot

In large pot, bring water and salt to boil over medium high heat. Add rind pieces and boil until tender, about 5 minutes. Strain. Transfer rinds to a large metal bowl.

In saucepan, combine sugar, cider vinegar, peppercorns, cloves, pickling spice and gingerroot. Bring to a boil over medium high heat, stirring until sugar dissolves. Simmer for 15 minutes, until slightly reduced. Pour over watermelon rinds in bowl. Place plate over top to keep rinds submerged in liquid. Cover and refrigerate for one day. Transfer to a glass jar and keep sealed in the refrigerator for up to 2 weeks.