



Pomegranate Spoon Sweet

20 minutes

Hands on

1 medium jar

Portion(s)

1

Difficulty



Method

To prepare the pomegranate:

- Cut the pomegranate in half.
- Transfer to a bowl with enough water to cover them and allow them to soften slightly.
- Slowly remove the white fibers and the skin, leaving only the pomegranate seeds in the bowl.
- Drain the seeds.

For the spoon sweet

- In a pot, add the pomegranate seeds, sugar, cinnamon, vanilla extract and water. If you are using a vanilla pod, cut it in half lengthwise, remove the vanilla seeds and add them to the pot along with the pod.
- Simmer for 15-20 minutes.
- Remove from heat, cover and allow the pomegranate seeds to release all of their juices. Don't boil the mixture for too long or else the seeds will melt completely.
- Refrigerate for 1 day.
- The next day, remove pot from refrigerator and place back on heat. Add the glucose syrup, lemon juice, lemon zest and simmer for another 15-30 minutes until the sweet thickens.
- Transfer to sterilized glass jars while the mixture is still hot. Cover with lids, quickly.
- While unopened, the jars can be stored at room temperature. Once opened, store in the refrigerator for a few months.

Ingredients

- 1 kilo pomegranate, seeds
- 500 ml water
- 600 g granulated sugar
- lemon juice, of 1 lemon
- lemon zest, of 1 lemon
- 1 vanilla pod
- 1 stick(s) cinnamon
- 70 g glucose

Διατροφικός πίνακας

Nutrition information per 100 gr.

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|---------------------------|-----------------------|-----------------------------|----------------------------|
| 168 Calories (kcal) | 0.08 Total Fat (g) | 0.0 Saturated Fat (g) | 40.0 Total Carbs (g) |
| 8% | 0% | 0% | 15% |
| 40.0 Sugars (g) | 0.5 Protein (g) | 1.5 Fibre (g) | 0.01 Sodium (g) |
| 45% | 1% | 6% | 0% |