

Entertaining Ideas

Pomegranate: Key Ingredient In Fruitful Recipes

(NAPSA)—Cooks looking to add a distinctive touch to salads, chicken dishes, rice dishes and desserts are increasingly exploring the rich colors and succulent flavor of the pomegranate—and its seeds.

These edible, juicy seeds, called “arils,” are fabulous to eat and cook with, possessing great flavor and eye appeal, and are full of antioxidants. While the fresh fruit is available in stores from October to December, refrigerated, all-natural pomegranate juice is available year round.

The Wonderful variety of pomegranate has large arils that can enhance a variety of recipes, such as this succulent cheesecake.

For more recipes, as well as tips on preparing and storing pomegranates, visit the Web site at www.pomwonderful.com.

POM CHEESECAKE

Prep Time: 30 minutes

Chill Time: 2 hours

Makes 10 servings

Crust:

- 1½ cups graham cracker crumbs**
- ¼ cup melted butter**

Cheesecake:

- 1 package (¼ oz.) gelatin**
- ½ cup water**
- 3 packages (8 oz. each) cream cheese**
- ¾ cup sugar**
- 1 teaspoon vanilla**
- 1 cup whipping cream**
- 1 cup arils from 2 Pom Wonderful pomegranates**

- 1. Preheat oven to 375° F.**
- 2. Mix graham cracker crumbs thoroughly with melted butter.**
- 3. Gently press crumbs into the bottom and 1 inch up the**



The delectable pomegranate and its succulent seeds can liven up a variety of recipes.

sides of a 9-inch springform pan.

4. Bake in preheated oven for 10 minutes. Cool completely.

5. Sprinkle gelatin over water in a small saucepan. Let set for 5 minutes, then heat until gelatin has dissolved. Set aside to cool.

6. Mix cream cheese, sugar and vanilla until fluffy. Mix in gelatin. Set aside.

7. Score pomegranates and place in a bowl of water. Break open pomegranates to free arils. The arils will sink to the bottom of bowl and the membrane will float to the top. Sieve and put arils into a separate bowl. Set aside.

8. Whip cream until stiff. Gently but completely mix cream cheese and ½ cup arils into whipped cream.

9. Spoon into prepared, cooled crust. Smooth out the top.

10. Refrigerate for 2 hours or until set.

11. To remove from pan, gently run a sharp knife around inside of pan, then open clamp.

12. Top with remaining pomegranate arils.