

Pomegranate Molasses

April 4th, 2021

Prep Time: 00:00

Cook Time: 01:15

Pomegranate Molasses is a traditional Middle-Eastern cooking and finishing sauce for lamb and other meats. Most recipes add sugar (and then lemon juice, to offset the super sweetness) in order to thicken the molasses more easily. This recipe is the traditional method for Pomegranate Molasses, containing only a single ingredient: Pomegranate Juice. A few drops of Pomegranate Molasses can be added to Ginger Ale to make a sweet-sour Shirley Temple or it can be drizzled over vanilla ice cream for a fruity treat.

Ingredients:

16 Ounces Pomegranate Juice

Directions:

Add the Pomegranate Juice to a small sauce pan. Bring to a low boil, then reduce the heat to a low simmer.

Continue to simmer for about an hour, until the Pomegranate Juice reduces by about 50%. The Molasses should be thickened and syrupy when scooped with a small spoon.

Monitor the Pomegranate Juice, as it will continue to thicken a little as it cools. If you over-reduce the Pomegranate Juice, it will crystallize and solidify.

If the Pomegranate Molasses turns solid while cooling, add 2 tablespoons of water and stir well over low heat to re-liquefy, then start over with the thickening process again. DO NOT overheat, as the molasses will take on a bitter burned flavor.

When the Pomegranate Molasses reaches the desired consistency, remove from the heat and cool.

After the Pomegranate Molasses cools, use a funnel and spatula to pour it back into the original Pomegranate Juice bottle.

Refrigerate up to 4 weeks.