

Pomegranate Molasses

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From toriavey.com

Ingredients:

- 4 cups pure pomegranate juice (bottled or fresh)
- 2/3 cup sugar (optional – recommended)
- 1/3 cup freshly squeezed lemon juice (optional – recommended)

Directions:

1. You can make pomegranate molasses with added sugar and lemon juice, or without. I prefer making it with, as it will reduce to a syrup much faster, and the end result will be more tasty. However, you can simply reduce plain pomegranate juice if you prefer, which will take longer and produce a much tarter syrup. Pour pomegranate juice, sugar, and lemon juice (or just the pomegranate juice) into a small saucepan.
2. Heat up over medium until the sauce begins to simmer lightly. Stir to dissolve sugar. Allow the liquid to simmer very lightly for 60-80 minutes, stirring every 10 minutes, until the liquid reduces by 75% to about 1 cup of molasses. If reducing just the juice without sugar, it will take longer to reduce (up to 2 hours), and you will end up with less liquid in the end to reach the syrupy consistency - roughly 3/4 cup syrup.
3. The liquid is ready when it has a light syrupy consistency and coats the back of a spoon. Don't let it thicken too much, or it will harden when it cools.
4. Remove from heat. The syrup will continue to thicken as it cools. If you are unsure about the consistency, measure the reduced liquid-- it should be roughly 1 cup of syrup (or 3/4 cup for juice alone). If it's a lot more liquid than that, continue reducing.

Serving Size: 1 tbsp sauce. For pomegranate syrup with sugar and lemon, the total will be around 1 cup of syrup, or 16 servings. For pomegranate syrup made from juice alone, the total will be around 3/4 cup of syrup, or 12 servings. Nutrition calculated to include sugar and lemon juice.