



Tathra Homestead

So you bought pomegranate: now what to do with it?

Pomegranates are a great source of fibre and are high in antioxidants, potassium and vitamin C.

You use the 'jewels' inside the pomegranate. They are called arils and are full of a sweet-tart juice surrounding a small white crunchy seed. You can eat the whole aril, including the fibre-rich seeds.

To extract the arils, cut the pomegranate in half. Place the halves in a bowl of water, then roll out the arils with your fingers. Discard everything else.

What you can do with pomegranate arils

- eat as a fresh snack with olives, cheese etc
- use in salads
 - spinach and pomegranate salad with pears and walnuts
 - quinoa salad with pomegranate and avocado
 - fried goat's cheese and pomegranate salad
- sprinkle over vanilla icecream to add crunch and a nice fresh flavour
- make a bruschetta
 - spread goat cheese or similar onto toasted sourdough
 - top with minced rocket or basil and pomegranate seeds
- make a dip
 - In a food processor, blend pomegranate seeds, roasted red capsicum, walnuts and Extra Virgin Olive Oil (a later picked, fruity oil). Season with salt and pepper to taste.
- Pop some pomegranate seeds into sparkling wine or cider for colour, flavour and fun!