

Home

Shows

Blog

Recipes

> Blogger bios

Posts

All (204)



Jack Hourigan (30)



Warren Assaly (28)



Patricia Chuey (42)



Richard Cazeau (26)



What's Cooking team

Categories

All (204)

Anecdotes (33)

Art of living (4)

Behind the scenes (1)


Healthy Living (41)

New Discoveries (50)



The Pomegranates "how-to" guide

Posted by What's Cooking team, December 2nd, 2011

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Winter time is the peak season for pomegranates, which seems appropriate considering its deep red colour; such a festive looking fruit for the holidays! If you want to do more though than just decorate with them (in a bowl on the table they can last up to 3 weeks!), it pays to know the best way to prepare them for eating. Those little seeds (called arils) can be rather intimidating. Did you know that one pomegranate can contain as many as 1400 seeds?

The arils are the edible part of the pomegranate, and are deliciously sweet and slightly tart little morsels. In a previous post we told you about the many ways that pomegranates can be used in cuisine. But it would help to know the best way to get those seeds out of the fruit in the first place.

Here is an amazing method for seeding a pomegranate with minimal effort and mess!

The water method:

- Step one, cut your pomegranate in half width-wise
- Step two, fill a large mixing bowl with water
- Step three, take each half of the fruit in turn and put it in the water and start tearing it into pieces, using your thumbs to dislodge the seeds
- Step four, the arils should sink to the bottom and the membrane and pulp pieces float, so pour off the excess water and scraps without pouring out the arils
- Step five, drain the arils in a colander

That's it, you're ready to go! Now you can eat those juicy little seeds raw, or go to our post on pomegranates to get some other ideas.

If you have any other tips about pomegranates, let us know!

The Research Team

Keywords : fruit, how to prepare a pomegranate, pomegranate, seeds, snacks