

Fruit sorbet

It is lighter than ice cream: a perfect palate cleanser. You can use any berries.



Step 1: Combine $\frac{1}{3}$ cup of sugar in a pan with $\frac{1}{4}$ cup of water. Simmer gently for 5–10 minutes, until the sugar has dissolved and the mixture has thickened.



Step 2: Put 1kg of strawberries in a food processor, and process until pureed. (You can pass it through a sieve to remove the seeds, if you wish.) Pour the syrup mixture into the pureed strawberries and stir.



Step 3: Pour the mixture into a freezer-proof container, the shallower the better (it will freeze more quickly). Let cool completely, and then put into the freezer.



Step 4: When frozen, remove and stir well to break up any ice crystals, then put back into the freezer. Sorbet is best eaten within a few days, as the fresh fruit taste starts to fade after a while.

Step 5: Serve fruit sorbets on their own, or alongside a freeze-ahead tart made with the same fruit.



Sorbet flavors

Blood orange and Campari

It is an impressive palate cleanser, ideal for entertaining.

Strawberry and balsamic

An unusual combination—balsamic vinegar really brings out the intense flavor of the fruit.

Raspberry

Use fresh or frozen raspberries for this colorful sorbet, and remove the seeds with a sieve before freezing, if you like.

Lemon and lime

Tart and refreshing: perfect for a hot summer day.

Mango

This fruit will create smooth-textured sorbet. Serve with other tropical fruit, diced.

Passion fruit

You will need at least a dozen passion fruit to make enough sorbet to serve 4. Remove the seeds before freezing.