



A Cook's Companion

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A Trio of Sorbets

Pineapple-Raspberry Sorbet

Makes about 1-1/2 quarts

1 pineapple, cut into chunks
3 cups red raspberries
6 tablespoons agave syrup (or honey)

Directions:

Wash the raspberries, puree, strain. Peel and cut the pineapple into chunks, puree. Mix the two purees together, add the agave syrup, and combine well. Place the mixture into the freezing unit. Churn by hand, or if using an electric maker, turn on the motor. Once the mixture becomes frozen, serve immediately, or transfer to a lidded container and store in the freezer until serving time.

Honeydew-Lime Sorbet

Makes about 1-1/2 quarts

Ingredients:

1 medium honeydew melon
6 limes, juiced, and 1 zested
6 tablespoons agave syrup

Directions:

Seed and peel the melon; cut into small chunks. Zest one lime, Juice all limes. Puree both the melon and lime juice in a food processor. Add the agave syrup. Place in freezing unit. Turn paddle (churn) until frozen. Transfer from freezing unit. Serve immediately, or freeze in another container until serving time.

Peach-Mango Sorbet

Makes about 1-1/2 quarts

Ingredients:

4-5 mangoes, about 4 cups of small chunks
4-5 peaches, peeled, about 2 cups of small chunks
2 lemons, juiced
3 tablespoons agave syrup

Directions:

Seed and peel the mangoes; cut into small chunks. Peel and seed the peaches; cut into small chunks. Puree both the mangoes and peaches in a food processor. Add the lemon juice and agave syrup. Place in freezing unit. Turn paddle (churn) until frozen. Transfer from freezing unit. Serve immediately, or freeze in another container until serving time.