



Date: 1 March 2008

## **Blackcurrant Leaf Sorbet**

### **Ingredients**

Four dozen young blackcurrant leaves  
375g sugar  
500ml water  
2 lemons  
2 egg whites

### **Method**

1. Choose young leaves and wash carefully.
2. Make a sugar syrup by dissolving the sugar in the water and boiling for 4 minutes. Remove from the heat and add leaves, cover and allow to infuse for 30 mins.
3. Strain the liquid into a freezing container, add the juice of the lemons and a little finely-grated rind, leave mixture to cool.
4. Freeze, occasionally stirring by scraping the frozen sides to the middle. When fairly well frozen, but not solid, whisk the egg whites until firm and while continuing to whisk, add spoonfuls of the frozen mixture, until all has been combined into a frothy white mass.
5. Return to the freezer for several hours.
6. Serve the sorbet in glass dishes decorated with blackcurrant leaves

Recipe kindly contributed by Janet Taylor, Mapua District Business Association.

From: 'The Complete-Menu Dinner Party Book' Published by  
Consumers' Institute of NZ  
The recipe is from Parkend Restaurant, Caldbeck, Cumbria and the  
Chef: Joyce Arnesen

Sarau Festival, Moutere Hills Community Centre – Sunday, February 3<sup>rd</sup> 2008

Contact: Jenny Leith

Postal Address: Sarau Festival, PO Box 37, Upper Moutere RD1, Nelson 7144

Tel: 03 5432715

Email: [info@saraufestival.co.nz](mailto:info@saraufestival.co.nz)

Web: <http://www.saraufestival.co.nz>