



Date: 10 January 2008

Blackcurrant Sorbet (serves 4)

Serve the sorbet with small meringues (I put lemon zest into these) or crisp biscuits

Ingredients

250 g (9 oz) fresh or frozen blackcurrants without strigs
100 g (4 oz) sugar
300 ml (1/2 pint) water, plus 2 tablespoons
2 teaspoons lemon juice
1/2 teaspoon powdered gelatine
1 egg white

Method

1. Put the sugar and 300 ml (1/2 pint) water in a heavy-based pan and heat gently until the sugar has dissolved. Boil for 10 minutes until syrupy, then remove from the heat and set aside to cool.
2. Put the blackcurrants in a pan with the lemon juice and heat gently for about 10 minutes until softened. Allow to cool lightly, then puree in a blender. Press the pureed blackcurrants through a sieve into a bowl to remove seeds and skin.
3. Sprinkle the gelatine over the 2 tablespoons water in a heatproof bowl and leave to soak for 5 minutes until spongy. Stand the bowl in a pan of gently simmering water and heat for 1 - 2 minutes stirring occasionally until the gelatine has dissolved. Stir the gelatine into the cooled sugar syrup.
4. Stir the sugar syrup into the blackcurrant puree and mix well. Turn into a rigid container and freeze, uncovered, for about 3 hours until the mixture is firm around the edges.
5. Remove the blackcurrant mixture from the freezer and break up with a fork. Whisk the egg white until it stands in stiff peaks, then fold into the blackcurrant mixture. Cover and freeze overnight, until solid.
6. To serve: stand at room temperature for about 30 minutes until the sorbet is soft enough to scoop into individual glasses.

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