

Apricot Sorbet



· Batch for ice cream maker of 1.5 ltr/qrt (or more) · Active prep.time: 10 mins · Total time: 18 hrs ·

Ingredients:

- 1000 gr stoned fresh, juicy apricots, each half cut in quarters (35.3 oz.) from about 1100 gr (38.8 oz.) whole apricots
- 180 gr regular sugar (6.3 oz.)
- (optional, helps to retain colour) squeeze of lemon juice

Instructions

Before starting, make sure that your ice cream maker is ready for churning when needed. This means that if it has a removable freezer bowl, it should be put in the freezer for the whole time indicated by the manufacturer, usually 24 hours.

Step 1 – Prepare the apricots

Mix the apricots with the sugar: cut each apricot half in quarters and put them in a large bowl. Sprinkle the sugar over them, squeeze in the lemon juice and give them a stir with a rubber spatula, leaving the spatula in the bowl.

Macerate the apricots: leave the apricots to macerate with the sugar at room temperature for 2-3 hours, stirring occasionally with the spatula to help the sugar dissolve. Each time you give a stir, scrape the bottom of the bowl, bringing upwards any undissolved sugar and mixing it with the apricots. TIP: try to avoid anything that will cause loss of sugar from the bowl, like lifting the spatula from the bowl to use it somewhere else.

Chill thoroughly: when all the sugar has dissolved and a syrup has formed, you have to bring the macerated apricots and their syrup to fridge-cold temperature before churning. To chill them, refrigerate for 8-12 hours and up to 24 hours.

Step 2 – Step 2: Blend the chilled apricot mixture

Check whether the apricot syrup is thoroughly chilled, before churning: it should feel fridge-cold to the touch (or if you have an instant-read thermometer, it should read 4°C–8°C / 39°F–46°F).

Blend the apricots: with a slotted spoon remove the apricots from their syrup, put them in a blender and blend them for one minute to a smooth pulp, adding just enough apricot syrup to get things going.

When no chunks remain, with the blender on, slowly pour in the rest of the syrup, increase the speed to high and blend for 1 minute. You can use a stick blender instead of a regular blender, if you like.

Immediately proceed to churning, while the apricot mixture is cold.

Step 3: Churn the sorbet

Prepare the ice cream maker according to the manufacturer's instructions.

Churn: with the machine running, pour the cold blended apricot mixture through the canister and into the ice cream maker.

Leave to churn until fluffed up and creamy; depending on your ice cream maker this can take anywhere from 30-60 minutes; (see next page for instructions on how to know when it is ready).

💡 This sorbet will expand and fluff up during churning. It is ready when it looks smooth and fluffy. This could take anywhere from 30-60 minutes, depending on your ice cream maker. To evaluate if it's ready, lift a spoonful; it should be thick enough to stand on the spoon, but it will still be soft-textured. If, upon lifting some sorbet with the spoon, a pool immediately starts forming on its edges, you will have to churn it for longer. In any case, if you feel doubts about the consistency, leave it for ten minutes more. But beware: at this stage, do not expect it to be like store-bought carton sorbet; for now it will be softer. It will firm up and become like store-bought sorbet only after it sets in the freezer. So, stop the ice cream maker when the sorbet is thick and fluffy, as described above.

Step 4: Put in the freezer to set

Put in the freezer to set: before serving the sorbet or removing it to a container for storage, you have to put it in the freezer to set: remove the removable freezer bowl (still filled with the sorbet) from the ice cream machine, cover with a lid and put it in the freezer to set. Setting will take anywhere from 1 to 3 hours, depending your ice cream maker and your freezer.

Serve or store: when it sets, you can serve it directly from the removable freezer bowl or transfer it to an airtight container for longer storing. If it becomes too hard to scoop out, you can always bring it to a scoopable consistency by leaving it in the refrigerator until it softens.

Storage and serving

Storage: in the freezer for one month, covered well to protect it from absorbing the freezer's smells.

Scooping: this sorbet, like all artisanal sorbets, freezes hard in the long term. To soften it to a perfectly scoopable consistency, put it in the refrigerator for one hour.

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