

Super Lemony Sorbet



Biterkin

Ingredients:

- 1 kg lemons (2 pounds)
- water, as needed
- 300 g regular sugar (10.6 oz)
- 30 g tapioca starch (1 oz; 5 tablespoons)

📌 1 cup = 237 ml | 1 tablespoon = 15 ml.

Plan ahead:

Prepare the sorbet mixture in advance (about 10 hours before) to give it time to chill in the refrigerator.

If your ice cream maker has a removable freezer bowl, put it in the freezer for the whole time indicated by the manufacturer before churning, usually 24 hours.

Step 1: Make the lemon sugar

1. Remove the peel from the lemons in wide strips using a vegetable peeler and place them into a large heatproof bowl.

2. Add the sugar and massage thoroughly with a clean, dry hand for 2 minutes, rubbing the sugar against the lemon peels. Do not estimate the massaging time; set a timer. The sugar should be like wet sand after massaging. After massaging, there is sugar stuck on your hand; using the rubber spatula, scrape the sugar off your hand and into the bowl.

3. Leave to sit at room temperature for at least 3 hours and up to one day. Keep a rubber spatula in the bowl and occasionally stir, scraping down any sugar stuck on the sides of the bowl.

While the sugar infuses, proceed to step 2.

Step 2: Make the lemon infusion

4. Prepare the lemons: using a sharp knife, remove the white pith from the peeled lemons and roughly cut them into chunks, placing them into a 4-litre nonreactive saucepan.

5. Pour 500 g of water (17.6 oz; 2 cups) over the lemons.

6. Break down the lemons into the water; with an immersion blender, smash the lemons

by pressing the immersion blender against the lemon chunks and onto the saucepan to break them down. Blend, aiming to create a somewhat smooth pulp.

7. Cover and leave at room temperature for up to 3 hours; and in the refrigerator for up to 1 day.

Step 3: Prepare the sorbet mixture

8. Bring the lemon infusion to a boil: place the saucepan with the lemon infusion over high heat and bring to a boil (this is when bubbles vigorously start to pop over the surface).

9. Pour over the lemon sugar: pour the boiling lemon infusion into the bowl with the lemon sugar (& peels) and stir with a rubber spatula to dissolve the sugar.

10. Strain: place a fine-mesh sieve over the saucepan and pour everything over it. Warning: the bowl and its contents are HOT; make sure you use oven mitts or a dry kitchen towel to lift the bowl and handle with caution.

11. Extract all lemon flavour: with the fine-mesh sieve still on the saucepan, gently press the lemon pulp and peels in the sieve to extract as much lemon liquid as possible. Scrape any pulp attached beneath the bottom of the sieve with the spatula and add it to the strained lemon water.

Discard the lemon pulp left in the sieve.

12. Add enough water to reach 1200 g (42 oz): Rinse the heatproof bowl and place the bowl on the kitchen scale, with a trivet below it, to protect the kitchen scale from the heat. Turn the scale to zero (or press "tare"). Pour the lemon water from the saucepan into the bowl. The lemon water might be approx. 900 g (32 oz); add enough water so that it reaches 1200 g (42 oz).

13. Pour the lemon water back into the saucepan and bring over high heat.

14. Make the tapioca slurry: rinse the heatproof bowl with cold water to cool it down. Put the tapioca starch into the bowl and pour 30 g; 1 oz of water over it. Whisk to create a smooth tapioca slurry.

15. Bring the lemon water to a boil over high heat. As soon as it comes to a full boil (large bubbles, which vigorously pop, appear on the surface / at about 95° C / 200° F; do not overboil), remove from the heat and immediately pour it into the bowl with the tapioca slurry in one single motion.

15. Whisk for one minute. Notice that it will start to thicken as you whisk.

Step 4: Chill until completely cold

16. Cool down the sorbet mixture. Let it cool down until it is no longer hot to the touch. This takes about 3-4 hours at room temperature or 45 minutes over an ice bath. Occasionally stirring speeds up the process.

17. Put in the refrigerator until completely cold, about 8 hours, and up to 1 day.

Step 5: Churn the sorbet

18. Check if the sorbet mixture is cold before churning it: (it feels fridge-cold to the touch / below 12°C / 54°F).

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

20. Stir: with a rubber spatula give the sorbet mixture a nice, thorough stir.

21. Churn: with the machine running, pour the sorbet mixture through the canister and into the ice cream maker. Leave to churn until fluffed up and steady; depending on your ice cream maker, this can take anywhere from 40-70 minutes.

Step 6: Churn the sorbet

22. Put in the freezer to set: before serving the sorbet or moving it to a container for storing, you have to put it in the freezer to set. To do so, turn off the ice cream maker and:

- remove the removable freezer bowl (still filled with the ice cream) from the ice cream machine
- remove the paddle, scraping any sorbet attached to it back into the ice cream bowl

- place it in the freezer, uncovered for at least 12 hours. It will scoopable for up to one day; after this it may harden, so you should transfer to a container for longer storage.

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 storage.

Notes:

For a deeper insight into the recipe, and troubleshooting tips, scan the QR code on the right to get you to the recipe's webpage:
<https://biterkin.com/recipes/super-lemony-sorbet/>



More recipes here