



Sugar Apple

Posts From The Caribbean

Mango Sorbet

If this is too much sorbet for your ice cream maker (as it is for my Cuisinart electric model), no worries. You can either cut the recipe in half or do what I do and freeze it in batches. If you do have a Cuisinart, you'll need to plan a sorbet-making session in advance since the bowl needs at least 24 hours in the freezer before you can use it and the sorbet mixture also needs to be very, very cold when you put it in the machine.

Both the ginger and the rum are optional in this recipe, but do try them. The ginger adds a spicy little kick and alcohol helps to impede the formation of ice crystals in ice cream and sorbet.

1 1/2 cups granulated sugar
1 1/2 cups water
a 2" piece of ginger, peeled and sliced
4 cups fresh mango purée
1/2 cup fresh lime juice
a pinch of salt
1/4 cup rum

Put the sugar, water and ginger slices in a sauce pan and set it on the stove over a medium flame. Heat, stirring, just until the sugar melts. Remove the pan from the heat and set it aside for half an hour to let the flavor of the ginger infuse the sugar syrup. Strain to remove the ginger slices and let the syrup cool.

Mix together the ginger syrup, mango purée, lime juice and a pinch of salt (never underestimate the flavor-enhancing power of a pinch of salt). Cool the sorbet mixture in the refrigerator for several hours or overnight, until it's very cold. If you're in a hurry, you can chill it in the freezer until it's screaming cold. But it does have to be extremely cold or it won't freeze properly (at least in my ice cream maker).

Process the cold sorbet mixture in an ice cream maker according to the manufacturer's instructions. Add the rum during the last 2 minutes of processing. (Alcohol lowers the freezing point of the mixture and it won't freeze properly if you add the rum earlier.) When it's finished processing, remove to a suitable container for freezing. The sorbet

will still be quite soft so put it in the freezer for several hours before serving. Overnight is even better. *Makes about 1 3/4 quarts of sorbet, enough to cool 10-12 fevered brows on a hot summer's day.*

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from the article *Mango Sorbet* posted on July 30, 2010