



FRUIT SORBET

Ingredients

- Fruit: **2 mangoes** (for example)
- Sugar: **200 g**
- Locust bean gum: **2 g** (one teaspoon mocha)
- Water: **200 ml**
- Lemon juice: **1 and ½**

There are fruits that enhance their flavour when cooked beforehand, such as raspberries, and other fruits that make a perfectly tasty sorbet if used fresh, such as strawberries. Fruits that have some grain or fibre, such as raspberries, should be sifted before being used in the sorbet mixture.

you can
experiment
with different
fruits...



Elaboration

- Mix the powdered ingredients well, the sugar with the locust bean gum.
- Then we prepare a simple syrup, put the water in a saucepan and while heating it up we add the locust bean sugar-gum mixture, stirring constantly with some sticks. Bring it to the boil, leaving it for about 5 minutes. Let it cool down.
- We add the lemon juice to the cold syrup, which will enhance the colour and flavour in the sorbet, also acting as a natural preservative.
- We cut and peel the mango. Put the syrup in the glass of a powerful mixer and add the chopped mango. Grind until you get a very fine puree. We can strain the purée obtained to remove any fibres that the fruit may have.
- Refrigerate the mixture and once it is well chilled, beat it by hand (every half hour while it is freezing), or in an ice-cream maker.



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