



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

Blackberry Sorbet

Hero ingredients: Blackberries

Ingredients

- 6-8 c of fresh blackberries
 - After straining it should be about 4 c (800 g)
- 4 c (800 g) of granulated sugar
- 2 c (474 g) of water
- ½ tsp of cream of tartar
- Lemon Juice, to taste
- Salt, to taste
- 1 tsp of powdered pectin (optional)

Directions

The first thing you want to do is begin by making inverted sugar*. Inverted sugar is sucrose that's been broken down into its simple sugars – glucose and fructose. The benefit of using inverted sugar is a creamier and less icy consistency for your sorbet.

*If you don't want to make the inverted sugar, you can replace it with 200 g of glucose syrup (i.e. light corn syrup).

To make inverted sugar, first use a large pot (at least 3 times the size of the amount of the ingredients) and put your granulated sugar and water in. Turn the heat to low-medium and stir occasionally. Before your sugar is fully dissolved, add your cream of tartar. Once everything is dissolved, turn the heat to medium, watch carefully, and let it simmer for a good 20-30 minutes. You want the mixture to hit at least 236 degrees F. This is the minimum temperature you want your mixture to be at because it ensures the proper conversion of the sugar into its simpler components. Once you've reached temperature you can turn off the heat and store it in a separate container. Let it cool to room temperature.

While your inverted sugar is working, begin breaking down your blackberries in a blender. Use either a chinois, fine mesh strainer, or a strainer with cheese cloth to separate the puree from the pulp and seeds*.

*You can dehydrate the pulp into fruit leather or grind it in a spice grinder. You can also use the remnants to make a blackberry pulp jam or sauce and even add it in baked dishes!

Once your puree is separated, you should have about 4 c, or 800 g. Add in 200 g of your inverted sugar (if your inverted sugar freezes up, gently heat the mixture on the stovetop for a few minutes). Add lemon juice and salt to taste.

If you have a refractometer, you'll be able to see the sugar content of your mixture. The goal is about 20-30 percent concentration. Most people don't own a refractometer, so I'd recommend using the 'egg test'. Grab an uncooked egg and wash it thoroughly, then dry thoroughly. Gently drop it in your cooled sorbet base. If it sunk, you'll need more sugar, if it floated add more puree and/or lemon juice. If about a nickel to quarter size is showing of the egg (so suspended slightly) you're right on the money. This won't give you an exact amount, but it'll help you determine based on density a guesstimate of where you're at.

Let your sorbet base cool to 40 degrees (it should take at least 2 hours, but overnight is best) and then follow the instructions on your ice cream maker for churning. For reference I'm using the Cuisinart 2 quart double lined ice cream maker.