

INSTANT RIBERRY & RASPBERRY SORBET **IN THE THERMOMIX**

<p>150g g sugar</p> <p>1 cup frozen Riberries</p> <p>1/3 cup orange juice</p> <p>1 X 300g Packet of Frozen Raspberries (or frozen mango, strawberries etc.)</p>	<p>Grind the sugar to a powder on speed 9 for 10 seconds.</p> <p>Add riberries and juice & process for 15 seconds</p> <p>Add Raspberries and puree for 30 seconds on high speed stirring with the spatula.</p>
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<p>1/3 – 1 cup Cream</p>	<p>Add the cream and process while stirring with the spatula for 10-20 seconds on speed 4-6. (less cream will produce a stronger fruit flavour and firmer texture, more cream will give you softer ice cream and a creamier texture)</p>
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INSTANT FRUIT SORBETS

<p>3 or 4 lemons, or a combination of oranges, mandarins etc.</p> <p>100 g sugar (or to taste)</p> <p>Mint leaves (optional)</p> <p>Ice cubes – about 700g</p> <p>1 egg- white (optional)</p>	<p>Peel the citrus with a sharp knife to remove all the white pith & skin. Cut into rough chunks. You need about 300g.</p> <p>Grind the sugar to a powder on speed 9 for 10 seconds. Add the fruit (& mint if using) and ice cubes. Gradually increase the speed dial to speed 9, process for 1 minute.</p> <p>Use the spatula to assist in the incorporation of the ingredients.</p>
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