

STRAWBERRY SHERBET



PREPARATION
75 MINUTES



SERVES
10 PERSONS



NUTRITION FACTS

Per Serving: 385.3kcal/100g

Protein 0g; fat 0g; carbohydrates 96.45g; fibres 0g.

CHEFF'S WORDS

In ancient times, ice cream was not a treat that was accessible to everyone, and that is why sherbet was invented. Sherbet is a frozen dessert, considered by many to be the ancestor of ice cream. Sherbet is made from water with lots of sugar, fruit juice, fruit puree, and many flavours that give it a sensational taste. Sherbet is the perfect choice for dessert on hot days when the air is almost unbearable. Because sherbet does not contain any fat, it is recommended for those who follow dietary regimes, but it should be noted that it has more sugar than ice cream. So, sherbet can be an alternative to ice cream depending on the person consuming it.

INGREDIENTS

1 kg sugar
1 and ½ cups strawberry juice
juice from half a lemon

DIRECTIONS

1. Mix the sugar with the strawberry juice and put everything to boil on low heat for 10-15 minutes. When the sugar has completely dissolved, the fire must be increased. While making the sherbet, the dish must be covered.
2. When the mixture boils, remove the foam from the top and be careful to wipe the edge of the bowl with some cloth, so that hardened sugar does not remain on its edges, getting caramelized.
3. Add the lemon and let everything boil for about 20 minutes, after which you can test if it has reached the right consistency. In a bowl of cold water, pour 2-3 drops of sherbet. If it spreads on contact with water, it must be left, and if it remains in its original form, it means that it is ready. This is probably the most difficult part of preparing the sherbet, because you risk it not being hard enough or, on the contrary, being too hard.
4. It can be served in a glass of cold water.