

Sorbet Instructions

After you've received permission to cook and have gathered all of the supplies and ingredients listed on the previous page, follow the instructions below to make some yummy sorbet.

Instructions adapted from All Recipe's Sweet and Silky Strawberry Sorbet:

1. Place your pound of chopped up fruit into a food processor and puree it until it is nice and smooth.
2. Pour your pureed fruit into a medium sized saucepan.
3. Add 1/2 cup of sugar (or an equivalent amount of sugar substitute) and a pinch (1/8 teaspoon) of salt to the saucepan and stir until it is all well combined.
4. Carefully set a burner to medium heat and set your saucepan on the burner.
5. When the mixture in your saucepan begins to simmer (tiny little bubbles), use a hot pad and remove it from the stove. Remember to turn off the stove!
6. In a separate small bowl, mix 1 and 1/2 teaspoons of cornstarch with 1 and 1/2 teaspoons of cold water. Stir it with a whisk or a fork until it is not lumpy and then add it to the saucepan.
7. Add 3 tablespoons of lemon juice to the saucepan and stir it thoroughly.
8. Carefully pour your mixture from the saucepan into a bowl or plastic container and cover it with plastic wrap or a lid.
9. Let the mixture cool for 10-20 minutes, then put in the refrigerator for 2 hours.
10. Move the mixture to the freezer to freeze. Stir it every hour for two hours then serve. Yum!



Pierce County *Parks*

EVERYDAY ADVENTURES