

Cherry Sorbet

Moldable and freezable sorbets whether re-blending or as is

Chef: Matt Dugan Vitamix Executive Chef

Prep Time: 10 minutes

Container: 64 oz

Total time: 8 hours 16 minutes

Machine:

Skill Level: Simple

Yield: 10 servings, 1.2 l, 5 cups

Program:

Ingredients:

600 g Perfect Puree cherry puree

260 g water

65 g granulated sugar

85 g glucose powder

Directions:

Place all ingredients into the Vitamix 64-ounce tall container in the order listed and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 5½ minutes. Pour into large square flexi-mold and freeze solid.

To complete sorbet, place 3 to 4 blocks of the frozen sorbet liquid into the Vitamix 64-ounce tall container and secure the lid. Start the blender on its lowest speed, then quickly increase to its highest speed. Blend for 30 to 45 seconds, using the tamper to press the ingredients toward the blades. Once you see four mounds in the container, STOP, otherwise you will over-process the sorbet. Hold for assembly.

Chef Notes:

Nutrients: 1 serving (101g) Calories: 100 kcal, Protein: 1 g, Total Fat: g, Carbohydrates: 24 g, Cholesterol: 6 mg, Fiber: g, Sat Fat: g, Sodium: 1 mg, Sugar: 16 g