

# BLACKBERRY SORBET

MAKES ABOUT 1 QUART

Sorbet consists of three basic ingredients: water, sugar, and fruit juice. What makes a sorbet either good or bad depends on its texture. And the texture depends on the sugar level, which you test with something called “buoyancy” (see [“The Buoyancy of an Egg”](#)). This recipe is one example of a sorbet base. Feel free to use other fruits, but always check the sugar levels; this technique is the most important thing. Place the container you’re going to store the sorbet in in the freezer before you begin to process the base. This will keep the sorbet from melting when you scoop it out of the ice cream machine.

**3 cups water**

**3 cups sugar**

**1 pound blackberries**

**1 raw egg (uncracked and washed well)**

In a small saucepan, bring the water and sugar to a boil, stirring to dissolve the sugar. Set the simple syrup aside to cool.

In a blender or food processor, process the blackberries to a smooth puree. Push the puree through a fine-mesh sieve into a bowl. Discard the seeds.

Whisk 1 cup of the simple syrup into the blackberry juice. Carefully drop in the egg. If the egg does not float, add more simple syrup,  $\frac{1}{2}$  cup at a time. Once the egg floats just enough to show a quarter-size circle of shell, the sorbet base is ready.

Transfer the base to an ice cream machine or a stand mixer ice cream attachment and freeze according to the manufacturer’s directions. Transfer the sorbet to a covered container and place in the freezer.

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## VARIATION

**Passion Fruit Sorbet:** Use 2 cups unsweetened passion fruit puree in place of the blackberry juice.

