

RASPBERRY SHERBET

MAKES ABOUT 1½ QUARTS

Many people ask me what's the difference between sorbet and sherbet and the answer is: the addition of dairy. Sherbet is simply a sorbet with milk or cream added. Here is a sherbet recipe using most of the same ingredients as in the [sorbet base](#).

4 cups water

4 cups sugar

1 pound raspberries

1 cup whole milk

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 berries to a smooth puree. Push the puree through a fine-mesh sieve into a bowl. Discard the seeds. Whisk the milk into the raspberry juice.

Whisk 1 cup of the simple syrup into the raspberry juice. Carefully drop in the egg. If the egg does not float, add more simple syrup, ½ cup at a time. Once the egg floats just enough to show a quarter-size circle of shell, the sherbet 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 sherbet to a covered container and place in the freezer.

INSIDER TIP • THE BUOYANCY OF AN EGG

Too little sugar and a sorbet will be too icy, and too much is also a turn-off. Finding just the right amount comes down to the buoyancy of an egg. When the right amount of sugar is added, an egg will float

to the surface of the mixture, revealing a bit of the eggshell the size of a quarter. Because not every fruit has the same degree of natural sugar, it's imperative to check the sugar level of the sorbet base before you start churning.