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FOOD ~ WINE ~ TRAVEL

Mango & Crème Fraîche Sorbet

This super easy mango sorbet is inspired by Katrina Kanetani's plum sorbet in the cookbook Pier, and you could substitute plum or any other fresh fruit for the mango. The crème fraîche gives it a lovely smooth texture and rich flavour, more like ice cream than sorbet, and technically makes it a sherbet as true sorbet doesn't contain dairy.

Serves 6

INGREDIENTS

- 2 ripe mangoes
- ½ cup burnt orange & vanilla sugar syrup (125ml)
- ¼ cup glucose syrup (60ml)
- 1 lime, zest finely grated, juiced
- 200ml crème fraîche (about ¾ cup)

METHOD

1. Cut the flesh off both mangoes, dice half of it and set aside.
2. Place remaining mango flesh in a food processor or blender with sugar syrup, glucose and lime juice and puree until smooth.
3. Pass through a fine sieve into a large bowl.
4. Whisk in crème fraîche and churn in an ice cream machine until frozen, then transfer to a container, press a cartouche cut from baking paper onto the surface, cover and place in the freezer for a few hours or overnight.
5. Arrange mango on chilled plates, top with a scoop of sorbet, sprinkle lime zest over the top and serve immediately.

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