

Black currant sorbet



Ingredients

160g g	<i>Black currants</i>
60g (6 tbsp)	<i>Honey</i>
150 ml	<i>Apple juice</i>
1	<i>Egg white</i>
1 -2 leaves	<i>Lemon balm or peppermint</i>

Preparation

- Heat the honey in a large pot.
- Wash black currants, keep some aside for garnish
- Add the berries to the honey, bring to a brief boil and cool to room temperature.
- Then place into mixer and puree together with the apple juice, pass everything through a fine sieve.
- Fill the black current apple juice mixture into the ice machine and follow manufacturer's freezing instructions
- Just before serving, whip the egg white until it is stiff gently fold it under the black currant mixture

- Put the sherbet in a decorating bag with a large icing tip nozzle and place into well-cooled glasses.
- Pick the coarse stems from the washed berries and decorate sorbet. garnish with the lemon balm.

Tip

- Even without the egg white, the sorbet tastes great, but it is not that fluffy.

Recipe: Kitchen Kurpark-Klinik Überlingen, Picture and Recipe Arrangement: Ulrike Heinzelmann, Marketing Office Dr. med. W. Spang, Überlingen Image source: 42387954 - Kugel Johannisbeer-Sorbet© unpict