



Recipe from: [My Catholic Tradition](#)

Blackcurrant Sorbet

SERVES SIX

5 cups blackcurrants, trimmed, plus extra to decorate

3/4 cup caster (superfine) sugar

1 egg white

Put the blackcurrants in a pan and add 2/3 cup water.

Cover the pan and simmer for 5 minutes, or until the fruit is soft.

Cool and then process to a purée in a food processor or blender.

Set a large sieve over a bowl.

Pour the purée into the sieve.

Press the puree through the mesh with the back of a spoon to form a smooth liquid.

Pour 1 cup water into a clean pan.

Add the sugar and bring to the boil, stirring until the sugar has dissolved.

Pour the syrup into a bowl.

Cool and then chill.

Mix the blackcurrant purée and sugar syrup together.

Taste the mixture and if you find it a little too tart, add a little more sugar.

Spoon into a freezer proof container and freeze until mushy.

Lightly whisk the egg white until just frothy.

Process the sorbet (sherbet) in a food processor until smooth.

Return it to the container and stir in the egg white.

Freeze for 4 hours, or until firm.

Transfer the sorbet to the refrigerator about 15 minutes before serving.

Serve in scoops, decorated with the blackcurrant sprigs.