



1 Make a fruity sorbet

This icy treat is the perfect way to cool down on a hot day.

What you need

- 200g caster sugar
- 270ml water
- 500g of raspberries
- 1 lemon, juiced
- Saucepan
- Wooden spoon
- Food processor
- Sieve
- Bowl
- Freezer-proof container
- Whisk or fork



Instructions

- 1** Ask an adult to help you make a syrup. Put sugar and water into a saucepan over a low heat, and stir with a wooden spoon until the sugar has dissolved. Raise the heat and simmer for five minutes until the liquid has thickened slightly and become a syrup. Set aside to cool.
- 2** Put the raspberries and lemon juice into a food processor and blitz until smooth. Strain through a sieve into a bowl, stir in the syrup, then transfer to a container.
- 3** Freeze for 90 minutes, then break the mixture up with a whisk or fork to crush any ice crystals that have formed. Return to the freezer.
- 4** Keep mixing the sorbet once an hour for around four hours, until your mixture becomes smooth. Serve with a few raspberries as a garnish.



How does it work?

Sugar is the secret to a perfect sorbet. As more sugar is put into a liquid, the freezing point (the temperature at which the liquid becomes solid) starts to go down. Sorbet is mainly sugar and water, so getting just the right amounts of the two ingredients is very important. It can make the difference between ending up with a smooth, scoopable mixture or a hard chunk of ice. Breaking up the mixture with a whisk or fork helps to make a smoother mix by breaking up any ice crystals that form as the water freezes. It also brings more air in, which adds volume to the sorbet.

GETTY IMAGES - REX SHUTTERSTOCK