

Cantaloupe Sorbet

Swick

Serves 1 | Active Time: 20 minutes | Total Time: 3 hours

Step 1: Preparing the Ingredients

- 1/2 cup + 2 tbsp sugar*
- 1/3 cup water
- 4 cups 1-inch pieces of peeled, ripe cantaloupe
- zest and juice from 2 limes
- 10 mint leaves, finely minced

Note: BEFORE you begin, make sure your ice cream insert is frozen.

Combine the sugar and water in a medium saucepan. Place over medium heat and cook, stirring frequently, until the sugar dissolves. Then, bring to boil. Immediately remove from the heat and set aside to cool completely.

Purée the cantaloupe in blender until very smooth. When the sugar syrup has cooled, add it to the cantaloupe and blend to combine. Note: The amount of sugar needed will ultimately depend on the sweetness and ripeness of the cantaloupe. If the cantaloupe is quite sweet already, you may want to add a bit less syrup. Keep in mind however that the cantaloupe mixture will become less sweet once it has been frozen.

Stir in the lime juice and lime zest. Then, stir in the fresh mint. Feel free to adjust the amount of lime juice and lime zest to your taste.

Transfer to the refrigerator and allow to chill for 2 to 3 hours or overnight or until very cold.

If time is an issue, place the mixture over an ice bath to cool it down quickly.

Step 2: Making the Sorbet

Once the mixture is cold, turn the machine on and pour the chilled cantaloupe mixture into the frozen ice cream insert. Let the machine run for about 30 to 40 minutes. Time will depend on your machine, so be sure to check the manufacturer's directions. When done, the sorbet should have a soft, creamy texture. If a firmer texture is desired, transfer the sorbet to an airtight container and place in a freezer until hard, about 2 to 3 hours.

Once solidly frozen, you may need to let the sorbet sit for a few minutes at room temperature to soften before serving.

Scoop into bowls and enjoy as is or garnish with a brunoise (small dice) of fresh cantaloupe and serve with fresh berries, if desired.

Note, sorbet can be made up to 3 days ahead and kept frozen until ready to serve.

Step 3: No Ice Cream Maker, No Problem

If you do not have an ice cream maker, you can still make a delicious sorbet. To do this, simply pour the chilled cantaloupe mixture into a large casserole dish and place into the freezer.

After about 40 minutes, stir the mixture to break up any ice chunks that are forming. Return to the freezer and continue to stir every 30 minutes or so. Basically, the more you stir it, the smoother the final texture will be.

When done, the mixture should be completely frozen, yet fluffy, like a snow cone or a granita.