

Banana Passion Fruit Sherbet Recipe

Ingredients:

2 cups passion fruit puree
¼ cup fresh orange juice
3 ripe bananas, peeled and roughly chopped
280g sugar
1 teaspoon salt

Method:

Put all of the ingredients and 1¾ cups water in a large saucepan and bring to a steady simmer over medium-low heat. Cook, stirring occasionally, for 5 minutes. Transfer the mixture to a blender and blend until smooth, then transfer to a large mixing bowl. Set over a large bowl of ice and water and stir occasionally until cool to the touch, about 40°F. Alternatively, cover and refrigerate until cold. Transfer the mixture to your ice cream maker and freeze following the manufacturer's instructions. Enjoy immediately, or freeze for a firmer sherbet. The sherbet is best enjoyed fresh, but it will keep in an airtight container in the freezer for up to 3 days. Passion fruit puree can be found at specialty stores and online, but be sure to get the puree and not the beverage. Taste the puree and adjust the sugar content to your liking.

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