

NECTARINE AND VANILLA BEAN SORBET

Equipment needed –

Small knives chopping boards, large bowl, stick blender, ice-cream machine and a measuring cup.

Ingredients from the Garden –

- 1400 grams nectarine flesh

Ingredients from the Pantry –

- 1 cup of caster sugar
- 1 cup of water
- 2 split vanilla beans, seeds scraped

What to do –

1. Chop the nectarine flesh and place in a saucepan.
2. Measure out 1 cup of water and 1 cup of sugar and place in the saucepan.
3. Cut the vanilla bean in half and scrape out the seeds. Place the seeds in the saucepan.
4. Simmer over a medium heat for 7-10 minutes or until the nectarines collapse. Cool slightly.
5. Puree with a stick blender until smooth. Transfer to a bowl.
6. Cover with glad wrap and place in the fridge for 4 hours or until chilled.
7. Churn in an ice-cream machine for 30-40 minutes until thick.
8. Transfer to an airtight container. Freeze for 4 hours

Serves –

- 28 students.