

No Churn Berry Sherbet



Ingredients

2 1/2 - 3 cups / 600 - 720ml frozen berries, including blackcurrants.

1/4 cup / 60ml sugar

1/2 cup / 120ml apple juice

1 cup / 240ml milk

1/2 cup / 120ml sweetened condensed milk

Juice of half a lemon.

Method

Place the frozen fruit, sugar and apple juice into a large saucepan and bring to a slow boil. Lower the heat and allow the fruits to cook for 15 minutes, stirring frequently. Remove from the heat and allow to cool to room temperature.

Once cooled, pour the fruit mixture into a blender and pulse until smooth. It's up to you whether you would like your sherbet to be completely smooth or whether you would like some visible fruit in it.

Juice half a lemon, being careful of the pips, and add this to the blender along with the milk and the condensed milk. Blend on pulse until completely combined. You should have a bright pinkish purple mixture on your hands.

Pour your sherbet into a 1 litre / 2 pint freezer safe container with a secure lid. It will need to freeze for about 8 hours, or preferably overnight.

You don't need to babysit this sherbet, however you may wish to stir it after three hours and then again after five to loosen it. Don't worry if you omit this step.

Remove your sherbet from the freezer ten minutes before serving to allow it to soften.