

Carrboro

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Recipe of the Week

July 7, 2007

Blackberry and Buttermilk Sherbet
from Sheri Castle of Creative Cooking with Sheri Castle

Ingredients

4 cups fresh blackberries*
2 cups sugar
2 cups Maple View buttermilk

Procedure

1. Stir the blackberries and sugar together in a bowl and let stand at room temperature for 30 minutes.
2. Pour the mixture into the bowl of a food processor and process until smooth, stopping occasionally to scrape down the sides.
3. Strain out the seeds by pushing the mixture through a fine sieve with a rubber spatula.
4. Stir the buttermilk into the strained purée.
5. Refrigerate the mixture in the back of the refrigerator until it is very cold (40° or lower), at least 2 hours
6. Pour into an ice cream freezer and process according to manufacturer's instructions. This will give you soft sherbet. For firmer texture, scrape the finished sherbet into a bowl, press plastic wrap against the surface and cover tightly. Let the sherbet harden in the freezer for at least two hours before serving. Makes about 1 quart.

Note: The proportions in this recipe are for a small tabletop freezer. If you have a traditional 4-quart machine, double or triple the recipe.

***Available at Market**

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