

# Apricot Sorbet

## Description

Full fruit sorbets must be made up of at least 45% fruit or 25% in the case of tangy fruit.

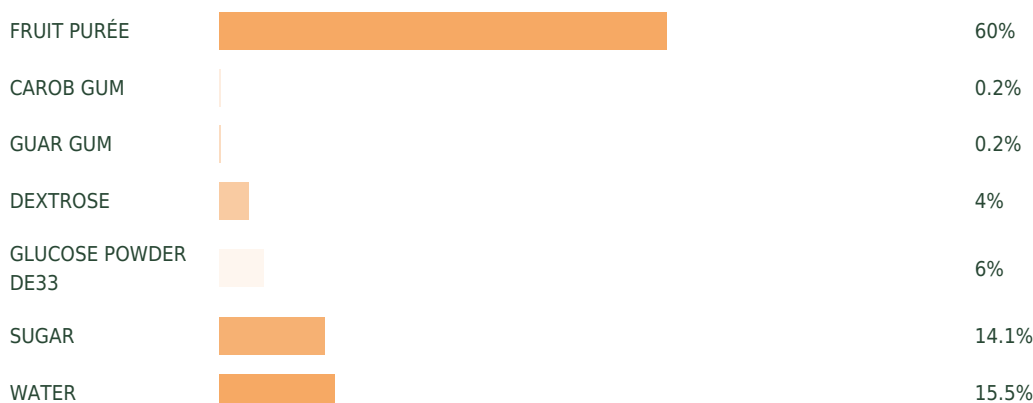
Using these percentages allows us to use this regulated designation.

Maximum recommended shelf life: 4 months.

## Suggested uses

- Ice cream
- Show cooking

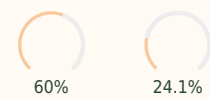
## Overall composition



Composition	1000 g	100%
Sugar	141 g	14.1%
Glucose powder	60 g	6%
Dextrose	40 g	4%
Carob gum	2 g	0.2%
Guar gum	2 g	0.2%
Water	155 g	15.5%
Apricot purée	600 g	60%

Expansion when whipped 152%

## Apricot Sorbet



FRUIT PURÉE ADDED SUGAR

### Ingredients

Apricot purée,  
Water, Sugar,  
Glucose powder  
DE33, Dextrose,  
Carob gum, Guar  
gum



## Technique

Combine the sugar, powdered glucose, dextrose, inulin, carob gum and guar gum. Sift into the water, then heat up to 185°F (85°C). Quickly cool the syrup down to 40°F (4°C), then leave to set for at least 4 hours. Add the fruit purée at 40°F (4°C) then mix using an immersion blender. Churn, extract, mold and freeze, before storing at 0°F (-18°C).



### FRUIT PURÉE USED

Flavor cot and Lido Apricot

### TASTING TEMPERATURE

Iced -12 -14°C

### WAYS OF CONSUMING

On site ,  
Takeaway

### STRENGTHS

Color/Shine ,  
A cold or slightly warmed purée ,  
Plant-based recipe