

# Coconut 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.

### Suggested uses

- Ice cream
- Show cooking

## Overall composition



### Coconut Sorbet

50%

23%

FRUIT PURÉE ADDED SUGAR

#### Ingredients

Coconut purée,  
Water, Sugar,  
Glucose syrup,  
Dextrose, Carob  
gum, Guar gum

FREEZABLE

103%

EXPANSION  
WHEN  
WHIPPED

Composition	1000 g	100%
Sugar	115 g	11.5%
Dextrose	45 g	4.5%
Carob gum	2 g	0.2%
Guar gum	2 g	0.2%
Water	266 g	26.6%
Glucose syrup	70 g	7%
Coconut purée	500 g	50%

Expansion when whipped 103%

## Technique

Combine the sugar, dextrose, carob gum and guar gum.  
Sift into the water, add the glucose syrup, 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

Coconut

### TASTING TEMPERATURE

Iced -12 -14°C

### WAYS OF CONSUMING

On site ,  
Takeaway

### STRENGTHS

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