

Plum Sorbet

This is a very simple and pretty dessert. Although plums are not as commonly used in frozen desserts as peaches, berries, and citrus fruits, they make an especially lush and creamy sorbet.

Halve and pit plums. Combine with 1/3 cup water in a stainless steel, glass, or enamel-coated saucepan. Bring to a simmer, then cover. Cook gently over medium-low heat, stirring occasionally until tender (10-15 minutes). Remove from heat. With slotted spoon, transfer plums (including skins) to blender or food processor. Sprinkle kanten over remaining cooking liquid and gently simmer 3 minutes, stirring occasionally. Add liquid to blender and purée until smooth. While plums are still hot, mix in rice malt syrup, add lemon juice, and mix well. Pour mixture into a baking pan, casserole dish, or undivided ice tray. Cover with foil or plastic wrap, and freeze until solid (at least 6 hours).

VARIATION:

Plum sorbet is smooth enough to scoop out and eat as is, but for a creamier texture, blend it again (at least one hour and up to a day before serving). Scrape frozen mixture with a fork until it resembles finely crushed ice. Spoon half of mixture into a chilled food-processor bowl or blender and purée until light and smooth but not thawed. Process the other half. Place blended sorbet in a pint container, cover, and freeze until firm (1-3 hours).

Preparation List:

Makes 2 cups

- 6 soft, ripe plums (approximately 1 pound)
- 1/3 cup water
- 1½ teaspoons kanten flakes (agar-agar)
- 2/3 - 3/4 cup rice malt syrup (to taste)
- 1 teaspoon lemon juice