

# Damson Plum Sorbet



# Biterkin

· Batch for ice cream maker of 1.5 ltr/qrt (or bigger) ·

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## Ingredients:

- 1000 g stoned Damson plums, skin on, cut in halves (35.3 oz)
  - 200 g regular sugar (7.1 oz)
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## Plan ahead:

Prepare the sorbet mixture in advance to give it time to chill in the refrigerator.

If your ice cream maker has a removable freezer bowl, put it in the freezer for the whole time indicated by the manufacturer before churning, usually 24 hours.

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## Step 1: Prepare the Damson plums

This step is about making the tough fruit's skin in the sorbet as fine as possible. There are three ways to do so, you can choose any you like:

1. Cut the fruit into tiny pieces to make the skin as fine as possible. Begin by cutting each plum half into small pieces using a sharp, serrated knife. To attain the best results, slice the plum half with the cut side facing down. Slice the plums lengthwise into thin strips, then cut them crosswise into tiny bits. It is important to note that you need to cut the skin as finely as possible, not the flesh.
  2. Macerate with the sugar overnight: this softens the skins and makes for a smoother sorbet. Place the Damson halves in a large bowl, or preferably in the saucepan you will use to cook them the following day. Add the sugar and stir well to cover the plums with sugar. For optimal results, leave the mixture overnight, stirring once or twice to redistribute the sugar.
  3. Combine the two techniques above: Cut the Damson plums into tiny pieces, as described in step one, and cover them with sugar. Allow them to sit overnight.
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## Step 2: Make the sorbet mixture

1. Put the plums and the sugar into a large saucepan (if using the overnight method, scrape off with a rubber spatula all the syrup

and any undissolved sugar left on the bowl into the saucepan).

2. Weigh the saucepan and its containers over a kitchen scale and keep a note of the total weight.

3. Cook until the sugar dissolves: place over medium-high heat and cook, stirring occasionally with a rubber spatula.

4. Cook to soften the plums: when all the sugar dissolves, increase the heat to high, cover the saucepan with a lid, leaving a small gap open at the edges and cook until the plums soften. This should take:

- 5 minutes for the finely chopped plums and
- 10 minutes for the halved and macerated plums

5. Remove from the heat and leave it to cool down, about one hour.

6. Weigh the saucepan and add enough water to reach the initial total weight (as per your note).

7. Blend, starting with the chunks: remove the plums chunks with a slotted spoon into a blender and blend until smooth and the skins are as fine as possible -stop the blender once and scrape the sides and bottom of the blender with a rubber spatula-

8. Add the syrup: with the blender on, slowly add the syrup left in the saucepan, scraping along all residues from the saucepan with a rubber spatula. Blend to combine.

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## Step 3: Chill the sorbet mixture

9. Pour the sorbet mixture into a bowl, scraping all residues from the saucepan.

10. Put in the refrigerator until completely cold, about 8 hours, and up to 1 day.

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## Step 4: Churn

11. Prepare the ice cream maker according to the manufacturer's instructions.

12. Stir: with a rubber spatula give the sorbet mixture a nice, thorough stir.

13. Churn: with the machine running, pour the sorbet mixture through the canister and into the ice cream maker. Leave to churn until fluffed up and steady; depending on your ice

cream maker, this can take anywhere from 40-70 minutes.

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### Step 5: Put in the freezer to set

14. Put in the freezer to set: before serving the sorbet or moving it to a container for storing, you have to put it in the freezer to set. To do so, turn off the ice cream maker and:

- remove the removable freezer bowl (still filled with the ice cream) from the ice cream machine
- remove the paddle, scraping any sorbet attached to it back into the ice cream bowl
- place it in the freezer, uncovered.

Setting time depends on your ice cream maker and freezer and can take 1-4 hours.

15. Serve or store: when it sets, you can serve it directly from the removable freezer bowl or transfer it to an airtight container for longer storage.

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### Storing and serving

Storing: in the freezer for three months, covered well.

Scooping: this sorbet, like all artisanal sorbets, it freezes hard in the long term. You can make it scoopable by putting it in the refrigerator for 30-60 minutes.

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### Notes:

For a deeper insight into the recipe, and troubleshooting tips, scan the QR code on the right to get you to the recipe's webpage:

<https://biterkin.com/recipes/damson-plum-sorbet-the-right-way/>



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