

Salt and Serenity

Mango–Lime Sherbet

Emily at food52.com created this wonderful recipe!

Makes 1 quart

1 tablespoon finely grated zest + 1/4 cup juice from 2 to 3 limes
3/4 cup sugar
1/8 tsp. salt
3 cups of your favorite ripe mango, peeled, pitted and chunked (or substitute a 16 oz. bag of frozen, thawed mango)
2/3 cup heavy cream

1. In a food processor, process zest, sugar, and salt for about 10 to 15 one-second pulses, or until damp. Add mango chunks and lime juice and process until mixture is smooth and sugar is dissolved, about 1 to 2 minutes.
2. Pass mango puree through fine-mesh strainer into medium-sized bowl, pressing down and scraping back and forth with a spatula to extract as much of the mango puree as possible. Also make sure to scrape the underside of the strainer into your bowl. (This step is not necessary if you use silky smooth Altafulo mangoes)
3. Cover with plastic wrap and chill in the freezer until very cold but not frozen – about 45 minutes. Alternatively, chill in the refrigerator for 2+ hours.
4. When mango puree is cold, whip the cream, using whisk or stand mixer until soft peaks form. Gently fold the whipped cream into the mango puree until evenly distributed. Immediately transfer mixture to the canister of your ice cream maker and begin churning. Churn until set, about 25 to 30 minutes.
5. When done, transfer sherbet from canister to storage container and press plastic wrap against surface. Freeze until firm, about 3 hours.