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Peach Sorbet

When we have eaten our fill of the fresh peaches in our orchard, I make this peach sorbet. It is wonderful served unadorned but adding a few fresh raspberries and a sprig of mint will dress it up enough to impressively end even the most elaborate dinner party.

5 cups water and 2 cups ice
3 pounds fresh very ripe peaches (freestone preferred)
5 teaspoons Fruit Fresh*
1 ½ cups simple syrup**
2 tablespoons freshly squeezed lemon juice
1 pint fresh raspberries (optional)
6 sprigs of mint (optional)

Place the water and ice in a large bowl. Add the Fruit Fresh and stir until dissolved.

Add 8 cups of water to a large saucepan and bring the water to a boil.

Wash the peaches to remove any pesticides or debris. Score the bottom of the peaches with a small knife and drop them into the boiling water (do not crowd them—about 4-5 peaches will fit comfortably). After 15 seconds, use a slotted spoon to remove the peaches from the boiling water and place them in the ice water bath. Continue until all the peaches are in the ice water bath.

Remove the peach skins (which should slip easily off the fruit). Cut the peaches in two. Remove and discard the pits. Place the peach flesh in a blender and puree thoroughly. Add the lemon juice and simple syrup. Blend for an additional 10 seconds.

Pour the puree into two quart sized glass jars with non reactive lids and place them in the refrigerator overnight.

The next day (when the puree is completely cool), freeze it in an ice cream maker following the manufacturer's instructions. Place sorbet in a freezer safe container and freeze for a few hours.

To serve, allow the sorbet to thaw a bit at room temperature and scoop into serving bowls. Garnish with berries and mint, if using.

Makes about one quart.

Peaches and Cream

This deceptively easy dessert blends the cool iciness of the sorbet with the creaminess of a locally produced vanilla ice cream. Serve with thin almond cookies or biscotti.

One recipe peach sorbet (directly from the ice cream machine—do not freeze it)
One pint premium vanilla ice cream, softened
4-6 mint sprigs

Line a 5x8 inch loaf pan with plastic wrap. Allow 3 inches to overhang each of the longer sides of the pan.

Pour a one inch layer of the sorbet into the pan.

Carefully layer 1 inch of vanilla ice cream over the sorbet.

Repeat alternate layers of sorbet and ice cream until you get to the top of the pan.

Cover with plastic wrap and freeze overnight. Freeze any leftover sorbet and ice cream.

Remove from the pan and serve in one inch slices.

Garnish with the mint

Serves 8.

**Can be found in the canning supply section of your grocery store or department store.*

*** To make simple syrup, place 2 cups of water and 2 cups of granulated white sugar in a small sauce pan and bring it to a full boil. Turn off the heat and allow the syrup to cool completely before using it. Any extra can be stored in a glass jar in your refrigerator.*

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