

Recipe No. 11/2013

Beetroot Sorbet

Quite a "Cheffy" recipe for this week, this unusual Sorbet is not to be mistaken for a dessert. Serve the sorbet as an accompaniment to a well seasoned char-grilled steak and green salad, or a small helping as a palate cleanser in between courses. You may even opt to use raw beetroot, see Chef's tip below.

Serves 6 – 8 small portions

Preparation time: 15 minutes plus overnight freezing

Cooking time: 35 minutes

Ingredients

325g Beetroot, peeled and quartered
1500g Water
150g Dry White Wine
1 tsp Green Peppercorns
½ tsp Salt
1 Egg White

Method

- Place water into TM bowl and beetroot into TM basket. Insert basket. Cook beetroot **35 minutes/Varoma/speed 3**. Remove and Cool. Discard water.
- Place cooked beetroot into TM Bowl with wine, peppercorns and salt. Puree **30 secs/speed 10**. Scrape down sides of bowl. Puree another **30 secs/speed 10**. Spoon into ice trays and freeze overnight.
- Place beetroot cubes and egg white into TM bowl. Blend **20 secs/speed 10**. Scrape down sides of bowl. Repeat twice more.
- Serve immediately.

Chef's Tips

- Use raw beetroot instead. Peel and continue with step 2.



Thermomix

Approved Thermomix Distributor of 



PORT-A-KITCHEN

An extra pair of hands in the kitchen

Tel: 011 974 1171

www.sathermomix.com