

Name: _____ Date: _____

Fun in the Kitchen!

Homemade Sorbet

Homemade sorbet is a great summer treat. It's fun to make and fun to eat!

Tools you will need:

- Food processor
- Rubber spatula

Ingredients:

- 1 pound frozen fruit
- ½ cup yogurt, crème fraiche, or silken tofu
- ¼ cup sugar or 1/8 cup honey
- Water as needed

Directions:

Be sure you are complying with the rules the adult in charge of this kitchen has for use of ingredients and kitchen tools.

Step 1: Put all the ingredients except the water into the food processor.

Step 2: Process until pureed and creamy.

Step 3: Add water as needed to improve the consistency of the puree.

Step 4: Stop occasionally to scrape the puree from the sides of the container.

Step 5: Be careful not to over-process the sorbet into liquid.

Step 6: Serve immediately or freeze.

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Critical Thinking Questions

1. What are some fruit combinations you could use to make sorbet?

2. Why is homemade sorbet healthy? _____

3. If you added nuts, dried fruit, or whole frozen fruit to your favorite sorbet, which ones would it be and why? _____

4. What food groups are included in this sorbet recipe? _____

5. What nutrients is this recipe a good source of? _____

Using a separate piece of paper or a Healthy Chefs Club form, create a complete healthy meal using homemade sorbet. The meal needs to have all major nutrients, and include all food groups.

Use a separate piece of paper or a Healthy Chefs' Recipe review form to write a review of this recipe. Include your opinion of directions, flavor, and what friends might think of this recipe.

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Answer in the space provided, using as much detail as possible:

1. What tools do you need for this recipe?

2. What ingredients do you need for this recipe?

3. How much frozen fruit do you need in this recipe? What is it for?

4. What is the first step in making sorbet?

5. What should be done after step 1?

6. What should you stop the processor and do several times?

7. What should you be careful not to do?

8. What is the last step in making sorbet?

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Answer Key

Critical Thinking Answers:

1. Answers will vary. Suggestions: mango peach, lemon mint, blueberry pomegranate, strawberry banana orange, and pineapple mango berry.
2. Homemade sorbet is healthy because it contains all natural ingredients.
3. Answers will vary.
4. Homemade sorbet includes the fats, oils and sugars food group, the fruits food group, and the dairy food group.
5. Answers will vary depending on the fruit used, but should include: protein, calcium, phosphorus, potassium, and B vitamins.

Functional Text Answers:

1. The tools needed in this recipe are a food processor and rubber spatula.
2. The ingredients needed in this recipe are frozen fruit, yogurt, crème fraiche, or silken tofu, sugar or honey, and water.
3. The recipe calls for 1 pound of frozen fruit. This is used to add flavor to the sorbet, as well as bulk, it also makes the sorbet frozen.
4. The first step is to put all the ingredients except the water in the food processor.
5. Process until pureed and creamy.
6. Stop occasionally to scrape the puree from the sides of the container.
7. Be careful not to over-process the sorbet into liquid.
8. Serve immediately or freeze.