

SERVES: 4 PREP TIME: 20 MIN COOK TIME: 5 HOURS FREEZING TIME SKILL LEVEL: SKILL LEVEL: REQUIRES USE OF: The second second

MANGO SORBET

INGREDIENTS:

2 large mangos, cut to yield 4 cups 1/3 cup honey 1/2 cup water



ITEMS TO GATHER:

apron cutting board chef's knife baking sheet measuring cups silicone spatula food processor or high-powered blender loaf pan ice cream scoop DESSERTS • DESSERTS • DESSERTS • DESSERTS • DESSERTS



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GET COOKIN'!

INSTRUCTIONS:

Place all your ingredients and cooking tools on the counter near your cooking area.

Cut both mangos into 1/2 inch cubes (see how to slice and cube a mango below).

Spread the cut mangos out onto a baking sheet. Place baking sheet in freezer for a minimum of four hours.

Add the frozen mango, honey and water to the food processor or high-powered blender.

To begin, quickly pulse on high a few times. Blend for four minutes or until smooth.

Pour or scoop the mixture into a loaf pan. Tap the loaf pan on the counter to remove any air bubbles. Smooth the top with a silicone spatula and place in the freezer for one hour.

Scoop into a cone or bowl or use in the Tropical Sunset Smoothie recipe!

ENJOY!

HOW TO SLICE AND CUBE A MANGO:



1. Using a chef's knife, remove a small piece of the stem end of the mango to create a stable, even surface.



4. Place each mango cheek on a steady surface and using a butter knife, make lengthwise cuts and then crosswise cuts to form small cubes.

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2. Position the knife 1/4" away from the center of the mango to separate the flesh (or cheek) from the pit.



5. Use a large spoon to scoop out the mango cubes, getting as close to the skin as possible.



3. Repeat on the other side.

