

Pineapple Sorbet w/ Rose

Swick

Makes 3 1/2 cups | Active Time: 30 minutes | Total Time: 2 hours

Chef's Notes

If you do not have an ice cream maker, you can still make a delicious sorbet. To do this, simply pour the chilled pineapple mixture into a large casserole dish and place into the freezer.

After about 40 minutes, stir the mixture to break up any ice chunks that are forming. Place the mixture back into the freezer and continue to stir every 30 minutes or so. Basically, the more you stir it, the smoother the final texture will be.

When done, the mixture should be completely frozen, yet fluffy, like a snow cone or a granita.

Step 1: Preparing the Sorbet

- 5 cups fresh pineapple, cubed
- 5 tbsp agave
- 3 drops pure essential rose oil

Before you start the ice cream, make sure the bowl of your ice cream maker is completely frozen. Place an empty container to hold the finished ice cream in the freezer to chill.

Combine the pineapple, agave and oil in a high-speed blender. Blend on high until completely smooth.

Transfer to the refrigerator and chill or at least 2 to 3 hours or overnight, until very cold.

Turn the ice cream machine on and pour the pineapple mixture into the frozen ice cream insert. Let the machine run for about 30 to 40 minutes. Time will depend on your machine, so be sure to check the manufacturer's directions.

When done, the sorbet should have a soft, creamy texture. If a firmer texture is desired, transfer the sorbet to an airtight container and place in a freezer until hard, about 2 to 3 hours.

Once frozen, you may need to let the sorbet sit for a few minutes at room temperature to soften before serving.

Scoop into bowls and enjoy as is or garnish with a brunoise (small dice) of fresh or roasted pineapple, if desired.

Note, sorbet can be made up to 3 days ahead and kept frozen until ready to serve.