

## **Strawberry Sorbet (Make 1 day ahead).**

Makes 30 individual portions / 18 fluid oz (550ml).

### **Sorbet Syrup**

0.6 cup (150ml) water

1/2 cup (110g) granulated sugar

1.5 Tbsp (30g) honey\*

1 tsp (5ml) kirsch alcohol or other liquor that pairs well with red fruits\*

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\*Liquor adds flavor, but it also prevents the sorbet from freezing solid. Alcohol won't freeze, so it is great insurance that you will have a soft sorbet. Honey, liquid glucose or light corn syrup will help maintain a soft mixture.

### **Strawberry Sorbet**

1 cup (250ml) sorbet syrup

0.66 (300g) fresh and sweet organic strawberries, washed or 0.55 lb.(250g) raspberries

1/2 lemon juice, squeezed

A few drops red food coloring (optional).

Individual portions can be made using a small ice cream scoop or by spreading the sorbet evenly into a small and frozen baking tray lined with plastic wrap. Freeze until hardened and divide into disks using a cookie cutter the size of the macaron shell. Keep frozen until ready to use.

Simply let the macarons strawberry sorbet sandwiches rest at room temperature for about 10 minutes or until the sorbet gets glossy and begins to melt and they will be ready to eat. Enjoy!

## French Macaron Recipe

Makes 30 cookies / 60 macarons shells

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

### Macarons\*

1 + 1/8 cup (125g) almond meal / flour

1 3/4 cups (225g) powdered sugar

3 ea. (100g) large egg whites, fresh or previously frozen, at room temp

1/4 tsp (1g) tartar of cream or lemon juice (tartar of cream stabilizes the egg whites)

2 Tbsp (30g) super fine granulated sugar

1 Vanilla bean, scrape seeds out or 1/2 tsp (2.5ml) vanilla extract

\*For pink macarons; add a few drops of red food coloring into the meringue.

If you want to play with the colors as shown, make 2 separate recipes; one vanilla and one pink. Freeze extra macarons for later use.

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