



RED GRAPEFRUIT SORBET WITH FRUITS OF THE FOREST

by Dira ambassador Anton Emonds

INGREDIENTS

TIME: 2.5H

SERVES: 10

Red Grapefruit Sorbet

415gr Dira red grapefruit
puree
160gr water
225gr sugar
30gr lemon juice

Red Grapefruit Gel

200gr Dira red grapefruit
puree
45gr sugar
3gr agar-agar

PREPARATION METHOD

Red Grapefruit Sorbet

Heat the water and sugar until the sugar is completely dissolved. Add the lemon juice and cool completely. Mix with the red grapefruit puree, then churn in an ice cream maker until smooth. Fill 10 silicone molds and freeze until completely set.

Red Grapefruit Gel

Heat the red grapefruit puree, sugar, and agar-agar while stirring. Bring to a boil and cook for 1-2 minutes. Pour into a container and allow it to set completely. Blend until smooth and transfer to a piping bag.

Fruits of the Forest Coulis

200gr Dira fruits of the forest
puree
40gr sugar

Finishing & Decoration

250gr white chocolate
50gr grapeseed oil
fresh red berries

PREPARATION METHOD

Fruits of the Forest Coulis

Heat the fruits of the forest puree and sugar to a boil. Cool completely in the refrigerator.

Assembly & Decoration

Melt white chocolate and mix with grapeseed oil until smooth. Dip the frozen red grapefruit sorbet discs into the white chocolate coating and place in the center of the plate. Pipe lines of red grapefruit gel over the sorbet. Garnish one half of the plate with fresh red berries and finish the other half with fruits of the forest coulis.



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