

Taste the Hills



Recipes and Tips

A wonderful thing to do with a glut of fruit for warm days.

Fruit Granita

- 450g (1 lb) ripe fruit
- Approximately 175 g caster sugar, but to taste
- 3 tbsp lemon juice
- Used plastic ice cream container

Put the fruit into a food processor or liquidiser, blend into a smooth puree

Add the sugar and blend again, briefly

Add 570 ml (1 pint) water and the lemon juice

Pour everything through a sieve

Put in plastic box and put into the freezer

After 2 hours the mixture should have started to freeze, take a fork and mix the frozen and unfrozen bits of the mixture together

Return to the freezer for another hour and mix again

Repeat after another hour. At this point it should be ready to serve. It should stay 'servable' for a further 3-4 hours. After that it will become too solid and will need to defrost for a while in the fridge before serving.

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