



ICED°
METHOD
by StefanoChef

FREE RECIPE BOOK · NO EMAIL NEEDED

30 SORBETS

AUSTRALIA & NEW ZEALAND EDITION

*for Tefal Dolci — real
fruit, chef-balanced, local
seasons.*

+ SHERBET VERSION



800+ more recipes in the ICED METHOD APP

app.icedmethod.com

ABOUT US

ICED METHOD°

A method born in a real kitchen, not in a marketing office.

I'm Stefano, a chef. For more than ten years I have worked with the Pacojet every day in my restaurant kitchen. That is where I learned how much balance matters, gram by gram, for an ice cream or a sorbet to come out smooth on the first spin.

When home ice cream makers arrived — Tefal and Moulinex Dolci, Ninja CREAMi, Sencor — I brought them into the kitchen and tested them with the same rigour. They work beautifully, on one condition: the recipe has to be designed for them.

That is what ICED METHOD° is: recipes balanced for your machine and your tub, explained simply, with the tricks we actually use during service.



— *Stefano Chef*

10+

years of Pacojet in a real restaurant

800+

balanced recipes in the app

every day

Dolci, Ninja and Sencor in our kitchen

Your machine will become an everyday companion in your kitchen. If you let it.

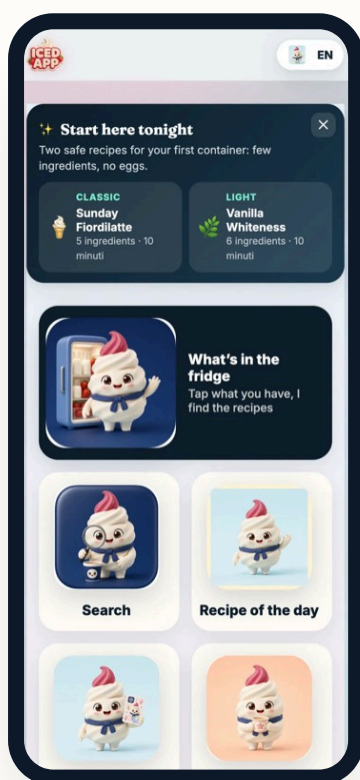


THE APP

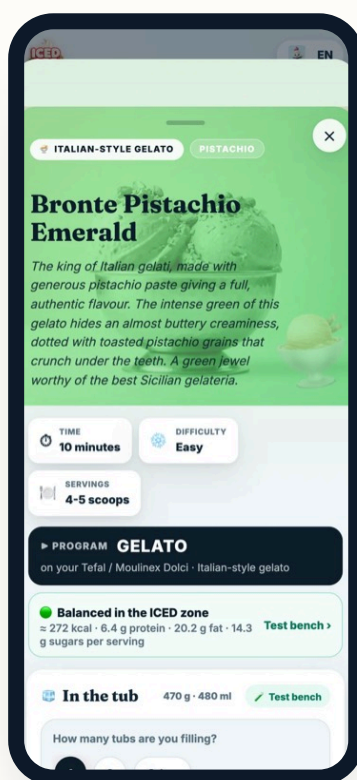
Many more sorbets are waiting for you in the ICED METHOD APP

These 30 sorbets are just a taste. Everything else is in the app.

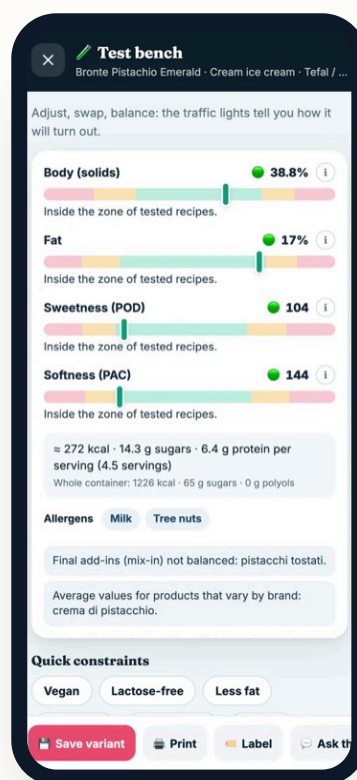
- 800+ recipes balanced for your machine
- Grams calculated for your tub, ready to weigh
- The right program to press, recipe by recipe
- A traffic light that checks your mix before you freeze it



HOME



RECIPE



LAB

Open the app →

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BEFORE YOU START

How to use this book

Every recipe is designed for ONE Dolci tub (MAX line, about 480 ml). Weigh everything in grams on a digital scale: Australian and New Zealand tablespoons differ (20 ml vs 15 ml), grams don't. The Dolci arrived in Australia in October 2025: this edition follows local seasons and shops.

1 Prepare and weigh

Weigh every ingredient to the gram, stir the sugars and guar gum together dry, then sprinkle them into the blended fruit: guar thickens cold.

2 Fill to the MAX line

Pour the mix into the tub and never go above the MAX line.

3 Freeze 24 h at -18 °C

Keep the tub level in the freezer, lid off only for the first few hours; then put the lid on until the 24 hours are up.

4 SORBET program

Fit the tub on the Dolci and run the SORBET program.

5 RE-SPIN if needed

If it isn't creamy yet, run RE-SPIN, adding 15–20 ml of juice or water if necessary.

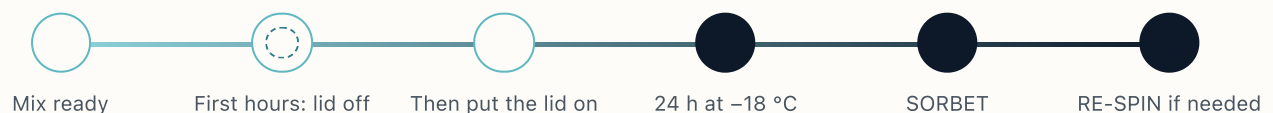
6 MIX-IN

To add pieces (fruit, zest, crunchy bits), dig a well in the centre and use the MIX-IN program.

Brix indicative Brix degree of the fruit pulp (soluble sugars), from public food databases.

Sorbet the base recipe: fruit, water, sugars. Balanced within the ICED engine's sorbet ranges.

Sherbet the same fruit with a little mascarpone or cream cheese (Philadelphia-style): creamier and rounder, still light (about 2 % fat).



Shopping: dextrose is in the home-brew aisle (e.g. Brigalow Dextrose at Woolworths and Big W; Murdoch's at PAK'nSAVE). "Brewing sugars" blends are not pure dextrose. Guar gum (412) is in the health-food aisle (e.g. Pbco at Woolworths, Ceres Organics in NZ).

 The chef's food-safety rules are on page 5.

BRIX

Why the Brix degree matters

- 1 The Brix degree measures how much sugar is in the pulp: a strawberry sits around 7–8, a mango or a persimmon reaches 14–16.
- 2 In a sorbet, sugars don't just sweeten: they lower the freezing point and decide whether you get something creamy or a block of ice.
- 3 That's why every fruit has its own percentage: the sweeter it is, the less sugar we add; the more acidic or watery, the more it needs.
- 4 The target is 28–31 % total solids: the zone where the Dolci turns out a smooth, scoopable sorbet.
- 5 If your fruit is much riper or less ripe than usual, the traffic light in the app helps you correct the grams.

BEFORE YOU START

How to store your sorbet

- 1 After the program, level the surface with a spoon, put the lid on and return the tub to the freezer straight away.
- 2 When you serve it again it will be hard: that's normal. Run RE-SPIN and it turns creamy again.
- 3 Enjoy it within 1–2 weeks: the fruit's aroma and colour are at their best in the first days.
- 4 Mix that hasn't been frozen yet keeps in the fridge for 24 hours at most.
- 5 Never refreeze a thawed sorbet or mix.



FOOD SAFETY

The chef's rules

This is a book for the home kitchen. As a restaurant chef, I share with you the rules we follow every day in professional kitchens: a few simple habits for sorbets that are good and safe.

● Fruit and herbs

Wash and dry fruit and fresh herbs well (basil, mint, thyme...). Use sound, ripe fruit and cut away any bruised or mouldy parts.

● Everything clean

Worktop, blender, utensils, bowl, lid and your Dolci: always clean. To clean the machine, follow its manual.

● The lid

Lid off only for the first hours of freezing, then put it on: the lid also protects against odours and cross-contamination in the freezer.

● Cold chain

Put the mix in the freezer straight after making it, at –18 °C (if you have to wait, keep it in the fridge for 24 hours at most). Don't leave the mix or the sorbet at room temperature.

● Herbs and garlic in oil

Never keep them in oil at room temperature: if you make a flavoured oil, keep it in the fridge and use it within a few days.

● Never refreeze

A thawed sorbet or sherbet should not be refrozen. If you decide to do it at home, it's your own judgement: take the right precautions, eat it soon and note it on the label. In the ICED METHOD APP you can print a label for every recipe with the preparation date and notes (e.g. "refrozen").

● Fresh fruit

Just like a fresh juice or a smoothie, the fruit here is used fresh. For young children, pregnant women, older people and anyone vulnerable, the same care you take with fresh fruit applies: very fresh, sound fruit, well washed, and the highest hygiene. Supermarket fresh cheeses (mascarpone, Philadelphia-style cream cheese) are already pasteurised.

● Storage

Sorbet spun in the Dolci is at its best freshly made. Any leftovers go straight back in the freezer at –18 °C with the lid on: enjoy within 1–2 weeks, though aroma and texture are best in the first few days.

In your own kitchen, your own judgement applies: these are good-practice guidelines and do not replace hygiene rules or common sense.

30 SORBETS — AUSTRALIA & NEW ZEALAND EDITION

The 30 recipes

Every recipe: quantities for one tub, sorbet version and sherbet version.

01		Garden strawberry sorbet strawberry	7	16		Midsummer rockmelon sorbet rockmelon	23
02		Summer raspberry sorbet raspberry	8	17		High-summer watermelon sorbet watermelon	24
03		Summer blueberry sorbet blueberry	9	18		Emerald kiwifruit sorbet kiwifruit	25
04		Bramble blackberry sorbet blackberry	10	19		Riverland orange sorbet orange	26
05		Christmas lychee sorbet lychee	11	20		Winter mandarin sorbet mandarin	27
06		Cool-climate blackcurrant sorbet blackcurrant	12	21		Backyard lemon sorbet lemon	28
07		Christmas cherry sorbet cherry	13	22		Sunset pink grapefruit sorbet pink grapefruit	29
08		Hillside apricot sorbet apricot	14	23		Queensland pineapple sorbet pineapple	30
09		Summer yellow peach sorbet peach	15	24		Queensland mango sorbet mango	31
10		Daybreak nectarine sorbet nectarine	16	25		Good-morning banana sorbet banana	32
11		Autumn feijoa sorbet feijoa	17	26		Autumn persimmon sorbet persimmon	33
12		Autumn Williams pear sorbet pear	18	27		Ruby pomegranate sorbet pomegranate	34
13		Crisp Granny Smith sorbet green apple	19	28		Tropical passionfruit sorbet passionfruit	35
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RECIPE 01 · STRAWBERRY

Garden strawberry sorbet

With fresh basil and a twist of black pepper

BRIX 6.5 °Bx

SEASON November – March

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

ripe strawberries, washed and hulled	335 g
basil leaves (about 8)	4 g
caster sugar	78 g
dextrose	14 g
guar gum (412)	1 g
water	38 g
Total	470 g

METHOD

- 1 Wash the strawberries whole, pat them dry and only then hull them, so they don't soak up water.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit, the cold water and the basil leaves. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away with a twist of black pepper.

Chef's touch

The basil is blended raw with the berries so it stays green and fragrant. At the table, a twist of freshly ground black pepper lifts the fruit.

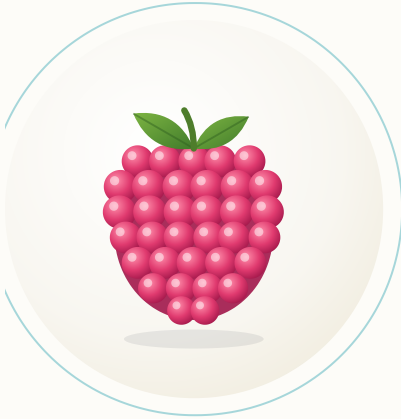
Sherbet version

WITH CREAMY
FRESH CHEESE

301 g ripe strawberries, washed and hulled **4 g** basil leaves (about 8)
25 g mascarpone, well chilled **78 g** caster sugar **14 g** dextrose
1 g guar gum (412) **47 g** water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 02 · RASPBERRY

Summer raspberry sorbet

With a breath of rose water

BRIX 7.5 °Bx

SEASON December – March

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

fresh raspberries	308 g
food-grade rose water	5 g
caster sugar	80 g
dextrose	14 g
guar gum (412)	1 g
water	62 g
Total	470 g

METHOD

- 1 Don't rinse raspberries under the tap: check them one by one and, if needed, dip them quickly in a bowl of cold water.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit, the cold water and the food-grade rose water. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold. Press through a fine sieve to remove the seeds.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away with a few fresh raspberries.

Chef's touch

A few drops of rose water make the raspberry taste even more of itself. Go lightly: an echo, not a perfume.

Sherbet version

WITH CREAMY
FRESH CHEESE

238 g fresh raspberries **5 g** food-grade rose water **25 g** mascarpone, well chilled
80 g caster sugar **14 g** dextrose **1 g** guar gum (412) **107 g** water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 03 · BLUEBERRY

Summer blueberry sorbet

With a lavender-flower infusion

BRIX 11.5 °Bx

SEASON December – February

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

blueberries	249 g
dried culinary lavender flowers	1 g
caster sugar	88 g
dextrose	4 g
guar gum (412)	1 g
water	127 g
Total	470 g

METHOD

- 1 Rinse the blueberries and pick off any stems and leaves.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the dried culinary lavender flowers, cover and leave to infuse for 5 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit and the cold infusion. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold. Press through a fine sieve to remove the seeds.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

The lavender steeps for just 5 minutes: enough for a field-in-bloom scent, never soapy. The blueberry turns deeper and darker.

Sherbet version

WITH CREAMY FRESH CHEESE

201 g blueberries 1 g dried culinary lavender flowers 25 g mascarpone, well chilled
86 g caster sugar 8 g dextrose 1 g guar gum (412) 148 g water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 04 · BLACKBERRY

Bramble blackberry sorbet

With an infusion of bay leaves

BRIX 6.5 °Bx

SEASON December – March

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

ripe blackberries	312 g
fresh bay leaves (2)	1 g
caster sugar	78 g
dextrose	14 g
guar gum (412)	1 g
water	64 g
Total	470 g

METHOD

- 1 Rinse the blackberries gently and let them drain on kitchen paper.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the fresh bay leaves, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit and the cold infusion. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold. Press through a fine sieve to remove the seeds.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Bay leaf, lightly torn and steeped, gives the blackberry a balsamic note, like the bush after rain. Buy cultivated berries: wild roadside brambles are a declared weed and are often sprayed.

Sherbet version

WITH CREAMY
FRESH CHEESE

226 g ripe blackberries **1 g** fresh bay leaves (2) **25 g** mascarpone, well chilled
82 g caster sugar **12 g** dextrose **1 g** guar gum (412) **123 g** water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 05 · LYCHEE

Christmas lychee sorbet

With lemongrass and lime

BRIX 15 °Bx

SEASON December – February

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

lychees, peeled and stoned	212 g
lime juice	15 g
lemongrass, bruised (½ stalk)	3 g
caster sugar	82 g
guar gum (412)	1 g
water	157 g
Total	470 g

METHOD

- 1 Peel the lychees, split them with your fingers and remove the glossy stones. Weigh the white flesh only.
- 2 In a bowl, stir together the sugar and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the lemongrass, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit, the cold infusion and the lime juice. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Queensland and northern New South Wales lychees arrive around Christmas. Lemongrass, steeped and strained, and a squeeze of lime keep their floral sweetness fresh and bright.

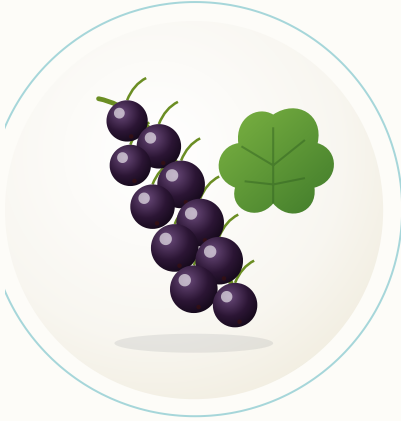
Sherbet version

WITH CREAMY
FRESH CHEESE

179 g lychees, peeled and stoned **15 g** lime juice **3 g** lemongrass, bruised (½ stalk)
45 g full-fat cream cheese (Philadelphia-style), well chilled **80 g** caster sugar
4 g dextrose **1 g** guar gum (412) **143 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 06 · BLACKCURRANT

Cool-climate blackcurrant sorbet

With fresh mint blended in at the end

BRIX 12.5 °Bx

SEASON December – January

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

blackcurrants, stripped from the stems	223 g
fresh mint leaves	3 g
caster sugar	74 g
dextrose	14 g
guar gum (412)	1 g
water	155 g
Total	470 g

METHOD

- 1 Strip the blackcurrants and discard the stems, which are bitter.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit, the cold water and the fresh mint leaves. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold. Press through a fine sieve to remove the seeds.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away.

Chef's touch

Blackcurrant is intense and a little wild: a few mint leaves blended in at the last moment cool it like a breeze. Grown in New Zealand and Tasmania, fresh blackcurrants have a short early-summer season: look for them at growers and farmers' markets.

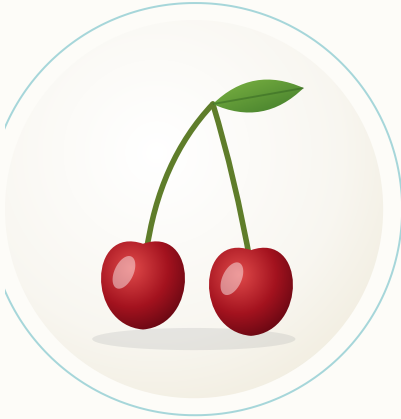
Sherbet version

WITH CREAMY
FRESH CHEESE

190 g blackcurrants, stripped from the stems **3 g** fresh mint leaves
25 g mascarpone, well chilled **74 g** caster sugar **14 g** dextrose
1 g guar gum (412) **163 g** water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 07 · CHERRY

Christmas cherry sorbet

With green cardamom

BRIX 10 °Bx

SEASON December – January

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

pitted cherries	316 g
lemon juice	15 g
green cardamom pods (3), crushed	1 g
caster sugar	62 g
dextrose	10 g
guar gum (412)	1 g
water	65 g
Total	470 g

METHOD

- 1 Wash, stem and pit the cherries (weigh the fruit after pitting).
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the green cardamom pods, crushed, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit, the cold infusion and the lemon juice. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

From Young in New South Wales to the Adelaide Hills, Tasmania and Central Otago, cherries arrive just in time for Christmas. Green cardamom echoes the stone and adds an almost almond-like depth.

Sherbet version

WITH CREAMY
FRESH CHEESE

269 g pitted cherries 15 g lemon juice 1 g green cardamom pods (3), crushed
25 g mascarpone, well chilled 66 g caster sugar 12 g dextrose 1 g guar gum (412)
81 g water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 08 · APRICOT

Hillside apricot sorbet

With a sprig of rosemary

BRIX 7 °Bx

SEASON December – February

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

ripe apricots, pitted, skin on	292 g
a sprig of rosemary	2 g
caster sugar	80 g
dextrose	6 g
guar gum (412)	1 g
water	89 g
Total	470 g

METHOD

- 1 Choose soft, fragrant apricots; wash, halve and pit them. Keep the skin on: it brings colour.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the a sprig of rosemary, cover and leave to infuse for 5 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit and the cold infusion. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Five minutes of rosemary in hot water: a resinous note that makes the apricot taste freshly picked in the sun.

Sherbet version

WITH CREAMY
FRESH CHEESE

226 g ripe apricots, pitted, skin on **2 g** a sprig of rosemary
25 g mascarpone, well chilled **84 g** caster sugar **8 g** dextrose **1 g** guar gum (412)
124 g water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 09 · PEACH

Summer yellow peach sorbet

With lemon verbena

BRIX 8 °Bx

SEASON December – March

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

ripe yellow peaches, peeled and pitted	320 g
lemon juice	15 g
lemon verbena leaves	3 g
caster sugar	76 g
dextrose	6 g
guar gum (412)	1 g
water	49 g
Total	470 g

METHOD

- 1 Score a cross at the base of each peach, dip in boiling water for 20 seconds, then in cold water: the skin slips off.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the lemon verbena leaves, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit, the cold infusion and the lemon juice. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Lemon verbena smells of lemon without the sourness: with a ripe Goulburn Valley or Hawke's Bay peach, it's an afternoon in the garden.

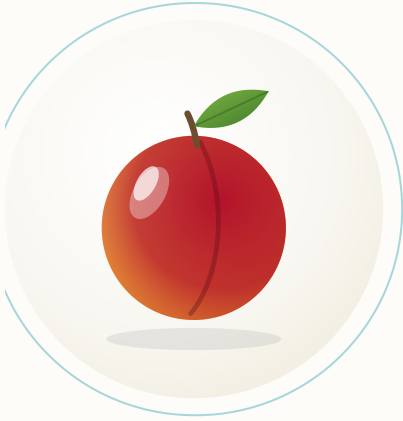
Sherbet version

WITH CREAMY
FRESH CHEESE

256 g ripe yellow peaches, peeled and pitted **15 g** lemon juice
3 g lemon verbena leaves **25 g** mascarpone, well chilled **78 g** caster sugar
8 g dextrose **1 g** guar gum (412) **84 g** water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 10 · NECTARINE

Daybreak nectarine sorbet

With lemon thyme

BRIX 9 °Bx

SEASON December – February

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

ripe nectarines, pitted, skin on	340 g
lemon juice	15 g
lemon thyme sprigs	2 g
caster sugar	68 g
dextrose	8 g
guar gum (412)	1 g
water	36 g
Total	470 g

METHOD

- 1 Wash the nectarines, cut into wedges and remove the stone: the smooth skin blends well and colours the sorbet.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the lemon thyme sprigs, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit, the cold infusion and the lemon juice. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Lemon thyme brings herbs and citrus at once: the nectarine stays juicy but gains elegance.

Sherbet version

WITH CREAMY
FRESH CHEESE

266 g ripe nectarines, pitted, skin on **15 g** lemon juice **2 g** lemon thyme sprigs
25 g mascarpone, well chilled **72 g** caster sugar **12 g** dextrose **1 g** guar gum (412)
77 g water

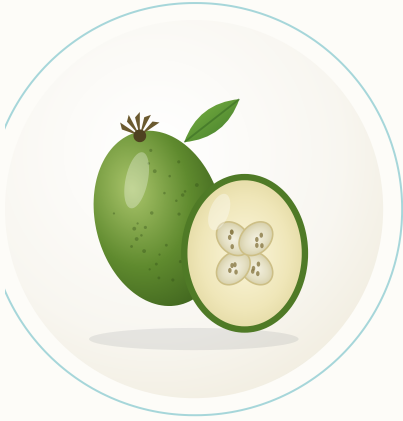
Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.

Your signature sorbet

Got a signature sorbet in mind? In the app's TEST BENCH the traffic light tells you if it will be creamy, and "Balance it for me" fixes it in one tap.

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RECIPE 11 · FEIJOA

Autumn feijoa sorbet

With fresh ginger

BRIX 8 °Bx

SEASON March – June

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

feijoa flesh, scooped from the skin	284 g
lemon juice	15 g
grated fresh ginger	5 g
caster sugar	70 g
dextrose	12 g
guar gum (412)	1 g
water	83 g
Total	470 g

METHOD

- 1 Halve the feijoas and scoop the flesh out with a teaspoon, straight into the lemon juice: cut feijoa browns within minutes.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the grated fresh ginger, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit with the lemon juice and the cold infusion. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Feijoas are a much-loved autumn fruit in New Zealand, and they grow well in Australia too: look for them at greengrocers and farmers' markets from March. Fresh ginger, steeped and strained, is the classic Kiwi match for their pineapple-and-mint perfume.

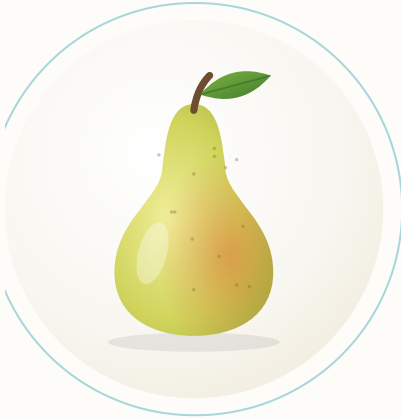
Sherbet version

WITH CREAMY FRESH CHEESE

207 g feijoa flesh, scooped from the skin **15 g** lemon juice **5 g** grated fresh ginger
45 g full-fat cream cheese (Philadelphia-style), well chilled **78 g** caster sugar
10 g dextrose **1 g** guar gum (412) **109 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 12 · PEAR

Autumn Williams pear sorbet

With fresh ginger

BRIX 10 °Bx

SEASON February – June

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

ripe Williams pears, peeled and cored	336 g
lemon juice	15 g
grated fresh ginger	5 g
caster sugar	60 g
dextrose	12 g
guar gum (412)	1 g
water	41 g
Total	470 g

METHOD

- 1 Peel and core the pears and toss them straight into the lemon juice so they don't brown.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the grated fresh ginger, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit, the cold infusion and the lemon juice. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Fresh ginger, steeped then strained, leaves a clean warmth that brings out the Williams' perfume.

Sherbet version

WITH CREAMY
FRESH CHEESE

299 g ripe Williams pears, peeled and cored **15 g** lemon juice
5 g grated fresh ginger **25 g** mascarpone, well chilled **60 g** caster sugar
12 g dextrose **1 g** guar gum (412) **53 g** water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 13 · GREEN APPLE

Crisp Granny Smith sorbet

With fresh tarragon

BRIX 10.5 °Bx

SEASON March – June (all year from storage)

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

Granny Smith apples, skin on, cored	326 g
lemon juice	20 g
fresh tarragon leaves	2 g
caster sugar	60 g
dextrose	12 g
guar gum (412)	1 g
water	49 g
Total	470 g

METHOD

- 1 Wash the apples, chop them without peeling and toss them straight into the lemon juice: the skin gives the green, the lemon keeps it.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit, the cold water, the lemon juice and the fresh tarragon leaves. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away.

Chef's touch

The Granny Smith was first grown in Sydney in the 1860s. Tarragon's aniseed note makes it taste even crisper: blend quickly and freeze straight away to keep the colour bright.

Sherbet version

WITH CREAMY
FRESH CHEESE

294 g Granny Smith apples, skin on, cored **20 g** lemon juice

2 g fresh tarragon leaves **45 g** full-fat cream cheese (Philadelphia-style), well chilled

60 g caster sugar **12 g** dextrose **1 g** guar gum (412) **36 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 14 · BLACK PLUM

Black plum and poppy seed sorbet

With toasted poppy seeds, added with MIX-IN

BRIX 11 °Bx

SEASON December – March

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

ripe black plums, pitted, skin on	320 g
caster sugar	66 g
dextrose	10 g
guar gum (412)	1 g
water	73 g
Total	470 g
+ toasted poppy seeds, for MIX-IN (2 teaspoons)	6 g

METHOD

- 1 Wash the plums, halve and pit them: the dark skin gives a deep violet colour. Toast the poppy seeds in a dry pan for 2–3 minutes, stirring, until fragrant; let them cool and set aside.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit and the cold water. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 With a spoon, dig a well down the centre to the bottom, tip in the toasted poppy seeds and run the MIX-IN program. Or keep them aside and scatter them on top when serving.
- 7 Serve straight away.

Chef's touch

Toasted poppy seeds taste nutty and crunch between your teeth: a perfect contrast with the tart skin and dark flesh of the black plum. They go in with the MIX-IN program at the end, so they stay crisp; or simply scatter them on top when serving.

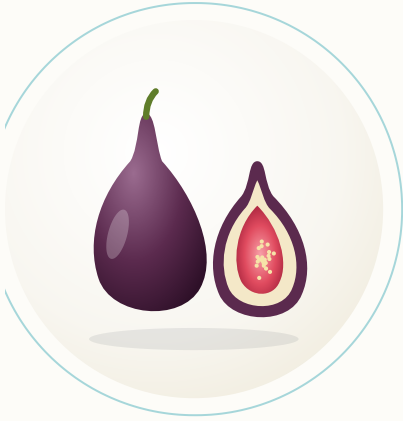
Sherbet version

WITH CREAMY FRESH CHEESE

315 g ripe black plums, pitted, skin on **25 g** mascarpone, well chilled **66 g** caster sugar
10 g dextrose **1 g** guar gum (412) **53 g** water
6 g toasted poppy seeds, for MIX-IN (2 teaspoons)

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 15 · FIG

Late-summer fig sorbet

With orange zest, extra virgin olive oil and flaky sea salt

BRIX 12.5 °Bx

SEASON January – April

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

ripe figs, stems removed	287 g
lemon juice	15 g
unwaxed orange zest, grated	2 g
caster sugar	70 g
dextrose	2 g
guar gum (412)	1 g
water	93 g
Total	470 g

METHOD

- 1 Wash the figs, trim the stems and quarter them, skin on (if thin).
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit, the cold water, the lemon juice and the unwaxed orange zest, grated. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away with a thread of olive oil and a few sea-salt flakes.

Chef's touch

At the table, a thread of mild local extra virgin olive oil and a couple of sea-salt flakes: the fig becomes a restaurant dessert.

Sherbet version

WITH CREAMY
FRESH CHEESE

231 g ripe figs, stems removed **15 g** lemon juice **2 g** unwaxed orange zest, grated
25 g mascarpone, well chilled **70 g** caster sugar **8 g** dextrose
1 g guar gum (412) **118 g** water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.



THE SIXTH MONTH

Your machine shouldn't end up in a cupboard

In the communities around these machines — the Dolci and the ones that came before it — there is a problem nobody talks about much: after about six months, many people get tired of making ice cream and sorbet every day, and the machine starts gathering dust.

At ICED METHOD° we use it every single day, in our home kitchen and in our restaurant. It has become an indispensable companion, and we want to share that experience with you.

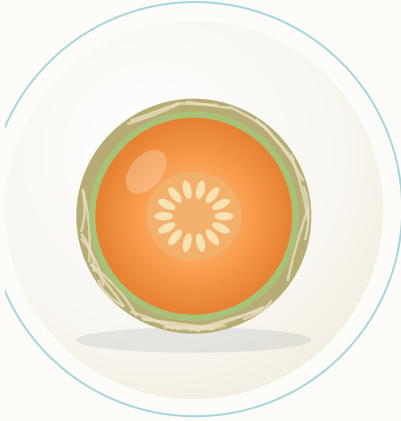
That is why, in the sixth month, the app unlocks and becomes a complete, 360° toolbox of food preservation and preparation methods.

Your machine will become an everyday companion in your kitchen. If you let it.

Open the app →

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RECIPE 16 · ROCKMELON

Midsummer rockmelon sorbet

With pink peppercorns

BRIX 11 °Bx

SEASON December – February

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

ripe rockmelon flesh	282 g
lemon juice	15 g
pink peppercorns, crushed	1 g
caster sugar	80 g
dextrose	10 g
guar gum (412)	1 g
water	81 g
Total	470 g

METHOD

- 1 Cut the rockmelon, scoop out seeds and fibres and remove the rind. Weigh the flesh only.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the pink peppercorns, crushed, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit, the cold infusion and the lemon juice. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away with a few crushed pink peppercorns.

Chef's touch

Pink peppercorn is more flower than spice: with rockmelon it becomes a fresh, almost rose-like scent.

Sherbet version

WITH CREAMY
FRESH CHEESE

188 g ripe rockmelon flesh 15 g lemon juice 1 g pink peppercorns, crushed
45 g full-fat cream cheese (Philadelphia-style), well chilled 88 g caster sugar
6 g dextrose 1 g guar gum (412) 126 g water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 17 · WATERMELON

High-summer watermelon sorbet

With lime and a hint of chilli

BRIX 8 °Bx

SEASON December – February

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

seedless watermelon flesh	311 g
lime juice	20 g
grated lime zest	1 g
fresh chilli, deseeded (a small piece)	1 g
caster sugar	78 g
dextrose	12 g
guar gum (412)	1 g
water	46 g
Total	470 g

METHOD

- 1 Remove the rind and seeds from the watermelon and weigh the red flesh.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit, the cold water, the lime juice, the grated lime zest and the fresh chilli, deseeded. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away.

Chef's touch

Watermelon is almost all water: lime wakes it up, and a small piece of deseeded chilli leaves a gentle warmth that calls for the next spoonful.

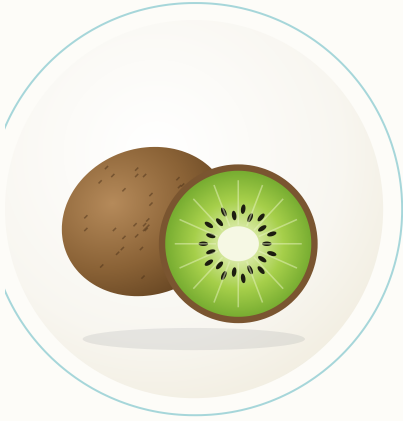
Sherbet version

WITH CREAMY
FRESH CHEESE

268 g seedless watermelon flesh **20 g** lime juice **1 g** grated lime zest
1 g fresh chilli, deseeded (a small piece)
45 g full-fat cream cheese (Philadelphia-style), well chilled **78 g** caster sugar
14 g dextrose **1 g** guar gum (412) **42 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 18 · KIWIFRUIT

Emerald kiwifruit sorbet

With matcha tea

BRIX 10 °Bx

SEASON April – August

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

ripe kiwifruit, peeled	307 g
matcha powder	2 g
caster sugar	66 g
dextrose	12 g
guar gum (412)	1 g
water	82 g
Total	470 g

METHOD

- 1 Peel the kiwifruit with a vegetable peeler and cut into chunks.
- 2 In a bowl, stir together the sugar, dextrose, matcha powder and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit and the cold water. Blend in short pulses, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away.

Chef's touch

The Bay of Plenty is kiwifruit country. Blend in short pulses: crushed seeds turn it bitter. The matcha, stirred dry into the sugar and guar, deepens the green and adds an elegant grassy note.

Sherbet version

WITH CREAMY
FRESH CHEESE

236 g ripe kiwifruit, peeled **2 g** matcha powder
45 g full-fat cream cheese (Philadelphia-style), well chilled **72 g** caster sugar
12 g dextrose **1 g** guar gum (412) **102 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 19 · ORANGE

Riverland orange sorbet

With orange-blossom water

BRIX 9 °Bx

SEASON all year (navels in winter, Valencias in summer)

DOLCI SORBET program · 24 h at -18 °C

INGREDIENTS for 1 tub (MAX line)

freshly squeezed orange juice	341 g
unwaxed orange zest	2 g
orange-blossom water	5 g
caster sugar	70 g
dextrose	12 g
guar gum (412)	1 g
water	39 g
Total	470 g

METHOD

- 1 Grate the zest of one unwaxed orange, then squeeze the oranges and strain out the pips (pulp can stay).
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Pour into the blender jug (or a tall jug, for a stick blender) the juice, the cold water, the unwaxed orange zest and the orange-blossom water. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at -18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away.

Chef's touch

Navels in winter, Valencias in summer: the Riverland and the Murray Valley keep oranges coming all year. A teaspoon of orange-blossom water echoes the fruit, like a citrus grove in spring.

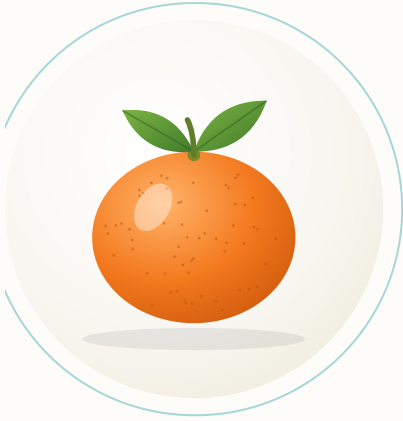
Sherbet version

WITH CREAMY
FRESH CHEESE

294 g freshly squeezed orange juice **2 g** unwaxed orange zest
5 g orange-blossom water **45 g** full-fat cream cheese (Philadelphia-style), well chilled
70 g caster sugar **14 g** dextrose **1 g** guar gum (412) **39 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 20 · MANDARIN

Winter mandarin sorbet

With cloves

BRIX 11 °Bx

SEASON April – August

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

freshly squeezed mandarin juice	310 g
cloves (2)	1 g
grated mandarin zest	2 g
caster sugar	70 g
dextrose	10 g
guar gum (412)	1 g
water	76 g
Total	470 g

METHOD

- 1 Grate the zest of two unwaxed mandarins, then squeeze them and strain out the pips.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the cloves, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Pour into the blender jug (or a tall jug, for a stick blender) the juice, the cold infusion and the grated mandarin zest. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Just two cloves, infused: the mandarin takes on a warm, wintry air without turning into a spiced dessert.

Sherbet version

WITH CREAMY
FRESH CHEESE

293 g freshly squeezed mandarin juice **1 g** cloves (2) **2 g** grated mandarin zest
45 g full-fat cream cheese (Philadelphia-style), well chilled **66 g** caster sugar **12 g** dextrose
1 g guar gum (412) **50 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.

Your signature sorbet

Got a signature sorbet in mind? In the app's TEST BENCH the traffic light tells you if it will be creamy, and "Balance it for me" fixes it in one tap.

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RECIPE 21 · LEMON

Backyard lemon sorbet

With pure liquorice

BRIX 7 °Bx

SEASON all year (best in winter)

DOLCI SORBET program · 24 h at -18 °C

INGREDIENTS for 1 tub (MAX line)

lemon juice	143 g
unwaxed lemon zest	3 g
pure liquorice powder	1 g
caster sugar	98 g
dextrose	18 g
guar gum (412)	1 g
water	206 g
Total	470 g

METHOD

- 1 Grate the zest of two unwaxed lemons (yellow part only), then squeeze and strain the juice.
- 2 In a bowl, stir together the sugar, dextrose, pure liquorice powder and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the unwaxed lemon zest, cover and leave to infuse for 15 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Pour into the blender jug (or a tall jug, for a stick blender) the juice and the cold infusion. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at -18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Made for the lemon tree that gives more fruit than you can use. One gram of pure liquorice powder, stirred dry into the sugar, adds a dark, long note that makes the lemon linger.

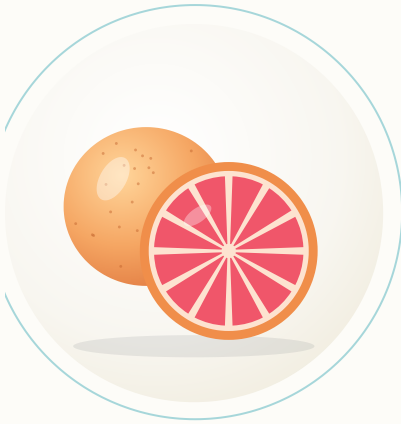
Sherbet version

WITH CREAMY
FRESH CHEESE

114 g lemon juice 3 g unwaxed lemon zest 1 g pure liquorice powder
45 g full-fat cream cheese (Philadelphia-style), well chilled 92 g caster sugar
18 g dextrose 1 g guar gum (412) 196 g water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 22 · PINK GRAPEFRUIT

Sunset pink grapefruit sorbet

With hibiscus flowers

BRIX 10.5 °Bx

SEASON most of the year

DOLCI SORBET program · 24 h at -18 °C

INGREDIENTS

for 1 tub (MAX line)

freshly squeezed pink grapefruit juice	291 g
dried hibiscus flowers	3 g
caster sugar	76 g
dextrose	12 g
guar gum (412)	1 g
water	87 g
Total	470 g

METHOD

- 1 Squeeze the grapefruit and strain out the pips; keep a little pulp.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the dried hibiscus flowers, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Pour into the blender jug (or a tall jug, for a stick blender) the juice and the cold infusion. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at -18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Steeped hibiscus turns the water ruby red and adds a fruity tartness that softens the grapefruit's bitterness.

Sherbet version

WITH CREAMY
FRESH CHEESE

278 g freshly squeezed pink grapefruit juice **3 g** dried hibiscus flowers
45 g full-fat cream cheese (Philadelphia-style), well chilled **72 g** caster sugar
14 g dextrose **1 g** guar gum (412) **57 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 23 · PINEAPPLE

Queensland pineapple sorbet

With fresh coriander

BRIX 11.5 °Bx

SEASON most of the year (Queensland)

DOLCI SORBET program · 24 h at -18 °C

INGREDIENTS

for 1 tub (MAX line)

ripe pineapple flesh, core removed	331 g
fresh coriander leaves	3 g
caster sugar	62 g
dextrose	12 g
guar gum (412)	1 g
water	61 g
Total	470 g

METHOD

- 1 Cut away the rind and the “eyes” of the pineapple, remove the woody core and chop the flesh.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit, the cold water and the fresh coriander leaves. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at -18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away.

Chef's touch

Fresh coriander blended with the pineapple adds a green, citrusy freshness. Not a fan? Use the same amount of mint.

Sherbet version

WITH CREAMY
FRESH CHEESE

289 g ripe pineapple flesh, core removed **3 g** fresh coriander leaves
45 g full-fat cream cheese (Philadelphia-style), well chilled **64 g** caster sugar
12 g dextrose **1 g** guar gum (412) **56 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 24 · MANGO

Queensland mango sorbet

With Timut (or Sichuan) pepper

BRIX 16 °Bx

SEASON October – March

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

ripe mango flesh	307 g
Timut (or Sichuan) pepper, crushed	1 g
caster sugar	62 g
dextrose	12 g
guar gum (412)	1 g
water	87 g
Total	470 g

METHOD

- 1 Slice the mango either side of the stone, score the flesh into cubes and scoop it from the skin.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the Timut pepper, crushed, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit and the cold infusion. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Kensington Pride (the “Bowen” mango), R2E2 or Calypso: use whichever is ripest. Timut pepper tastes of grapefruit and leaves a gentle tingle: with mango it's like the first storm after a heatwave.

Sherbet version

WITH CREAMY
FRESH CHEESE

226 g ripe mango flesh **1 g** Timut (or Sichuan) pepper, crushed
45 g full-fat cream cheese (Philadelphia-style), well chilled **68 g** caster sugar
12 g dextrose **1 g** guar gum (412) **117 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 25 · BANANA

Good-morning banana sorbet

With espresso and nutmeg

BRIX 15.5 °Bx

SEASON all year

DOLCI SORBET program · 24 h at -18 °C

INGREDIENTS

for 1 tub (MAX line)

ripe bananas (speckled skin), peeled	266 g
lemon juice	15 g
cold espresso (or decaf)	40 g
grated nutmeg (a pinch)	1 g
caster sugar	56 g
dextrose	10 g
guar gum (412)	1 g
water	81 g
Total	470 g

METHOD

- 1 Make an espresso and let it cool. Peel the bananas and toss them straight into the lemon juice.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the fruit, the cold water, the lemon juice, the coffee and the grated nutmeg. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at -18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away.

Chef's touch

Banana and coffee make a breakfast you eat with a spoon; nutmeg ties them together. For children, use decaf.

Sherbet version

WITH CREAMY
FRESH CHEESE

195 g ripe bananas (speckled skin), peeled **15 g** lemon juice
40 g cold espresso (or decaf) **1 g** grated nutmeg (a pinch)
25 g mascarpone, well chilled **64 g** caster sugar **12 g** dextrose
1 g guar gum (412) **117 g** water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 26 · PERSIMMON

Autumn persimmon sorbet

With a cinnamon stick

BRIX 14 °Bx

SEASON March – May

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

very ripe persimmon pulp	231 g
lemon juice	15 g
half a cinnamon stick	2 g
caster sugar	80 g
guar gum (412)	1 g
water	141 g
Total	470 g

METHOD

- 1 Use very soft, almost jelly-like persimmons: halve them and spoon out the pulp, leaving skin and seeds behind.
- 2 In a bowl, stir together the sugar and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the half a cinnamon stick, cover and leave to infuse for 15 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the fruit, the cold infusion and the lemon juice. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Persimmon already has the texture of a custard: steeped cinnamon brings the scent of autumn evenings.

Sherbet version

WITH CREAMY
FRESH CHEESE

220 g very ripe persimmon pulp **15 g** lemon juice **2 g** half a cinnamon stick
25 g mascarpone, well chilled **74 g** caster sugar **4 g** dextrose **1 g** guar gum (412)
129 g water

Sherbet version: same method, only the amounts change. The mascarpone, well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: round and velvety, it hugs the sweetness of the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 27 · POMEGRANATE

Ruby pomegranate sorbet

With fresh lemon balm

BRIX 13.5 °Bx

SEASON March – May

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

pomegranate juice (from pressed seeds)	197 g
lemon juice	10 g
fresh lemon balm leaves	2 g
caster sugar	90 g
dextrose	2 g
guar gum (412)	1 g
water	168 g
Total	470 g

METHOD

- 1 Seed the pomegranates, then press the seeds through a sieve with the back of a ladle (don't blend: crushed pips turn bitter). Keep a spoonful of seeds for serving.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the fresh lemon balm leaves, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Pour into the blender jug (or a tall jug, for a stick blender) the juice, the cold infusion and the lemon juice. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away with a few pomegranate seeds.

Chef's touch

Lemon balm, sweet and lemony, steeps in the hot water: the pomegranate stays ruby red and tastes fresher.

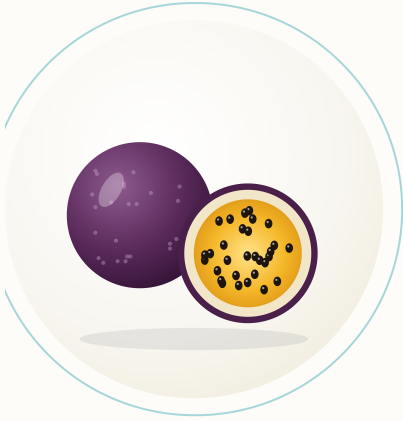
Sherbet version

WITH CREAMY
FRESH CHEESE

183 g pomegranate juice (from pressed seeds) **10 g** lemon juice
2 g fresh lemon balm leaves **45 g** full-fat cream cheese (Philadelphia-style), well chilled
80 g caster sugar **8 g** dextrose **1 g** guar gum (412) **141 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 28 · PASSIONFRUIT

Tropical passionfruit sorbet

With makrut (kaffir) lime leaves

BRIX 17.5 °Bx

SEASON December – May

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

strained passionfruit pulp (seeds removed)	194 g
makrut lime leaves (2)	1 g
caster sugar	76 g
dextrose	12 g
guar gum (412)	1 g
water	186 g
Total	470 g

METHOD

- 1 Halve the fruit, scoop out pulp and seeds and press through a sieve. You need about 12–15 fruits; keep a few seeds to garnish.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Heat the water in a small pan until it just simmers (about 85 °C), take off the heat, add the makrut lime leaves, cover and leave to infuse for 10 minutes, then strain.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Pour into the blender jug (or a tall jug, for a stick blender) the pulp and the cold infusion. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Steeped makrut lime leaves bring a scent of Southeast Asia that matches passionfruit's explosive tartness. Use fresh fruit: canned passionfruit pulp is packed in syrup and would upset the balance.

Sherbet version

WITH CREAMY FRESH CHEESE

178 g strained passionfruit pulp (seeds removed) **1 g** makrut lime leaves (2)
45 g full-fat cream cheese (Philadelphia-style), well chilled **74 g** caster sugar
14 g dextrose **1 g** guar gum (412) **157 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 29 · RHUBARB

Rosy rhubarb sorbet

Cooked with mild honey and lemon zest

BRIX 3.5 °Bx

SEASON December – May

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS

for 1 tub (MAX line)

red rhubarb stalks, trimmed	314 g
mild honey (clover or yellow box)	30 g
unwaxed lemon zest	2 g
caster sugar	74 g
dextrose	6 g
guar gum (412)	1 g
water	43 g
Total	470 g

METHOD

- 1 Discard the leaves (not edible) and the ends, wash the stalks and cut into 2 cm pieces.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Bring the water and honey almost to the boil in a small pan, add the rhubarb and simmer gently for 8–10 minutes, until it falls apart.
- 4 Let it cool completely (in the fridge, or set the pan in a bowl of iced water).
- 5 Put into the blender the rhubarb with its liquid and the unwaxed lemon zest. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 6 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 7 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 8 Serve straight away.

Chef's touch

Rhubarb has almost no sugar: simmering it for a few minutes in water with a mild honey (clover or yellow box) makes it pink, tender and fragrant.

Sherbet version

WITH CREAMY
FRESH CHEESE

262 g red rhubarb stalks, trimmed **30 g** mild honey (clover or yellow box)
2 g unwaxed lemon zest **45 g** full-fat cream cheese (Philadelphia-style), well chilled
62 g caster sugar **12 g** dextrose **1 g** guar gum (412) **56 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.





RECIPE 30 · LIME

Lime sorbet, garden water

With fresh cucumber

BRIX 6.5 °Bx

SEASON March – May

DOLCI SORBET program · 24 h at –18 °C

INGREDIENTS for 1 tub (MAX line)

lime juice	128 g
cucumber, peeled and deseeded	60 g
grated lime zest	2 g
caster sugar	98 g
dextrose	18 g
guar gum (412)	1 g
water	163 g
Total	470 g

METHOD

- 1 Grate the zest of two limes, squeeze and strain the juice. Peel and deseed the cucumber and cut it into chunks.
- 2 In a bowl, stir together the sugar, dextrose and guar gum while dry, so the guar disperses without lumps.
- 3 Put into the blender the cucumber, the cold water, the lime juice and the grated lime zest. Blend until smooth, then, with the motor running, sprinkle in the sugar-and-guar mix and blend for another 30–40 seconds: guar thickens cold.
- 4 Pour into the Dolci tub without going past the MAX line. Freeze for 24 hours at –18 °C: lid off for the first few hours only, then close it.
- 5 Fit the tub and run the SORBET program. If it isn't creamy enough, do a RE-SPIN (add 15–20 ml of juice or water if needed).
- 6 Serve straight away.

Chef's touch

Cucumber blended with lime is pure garden water: an end-of-meal sorbet, or a palate cleanser between courses. Found some finger limes? Scatter a few of their citrus “pearls” on top.

Sherbet version

WITH CREAMY
FRESH CHEESE

103 g lime juice **60 g** cucumber, peeled and deseeded **2 g** grated lime zest
45 g full-fat cream cheese (Philadelphia-style), well chilled **92 g** caster sugar
18 g dextrose **1 g** guar gum (412) **149 g** water

Sherbet version: same method, only the amounts change. The cream cheese (Philadelphia-style), well chilled, is blended with the fruit before the sugar-and-guar mix goes in, and is never heated: fresh and slightly tangy, it brightens the fruit. About 2 % fat: creamier, still light. Contains milk and lactose.

Your signature sorbet

Got a signature sorbet in mind? In the app's TEST BENCH the traffic light tells you if it will be creamy, and “Balance it for me” fixes it in one tap.

app.icedmethod.com



YOUR SIGNATURE SORBET

What about YOUR sorbet?

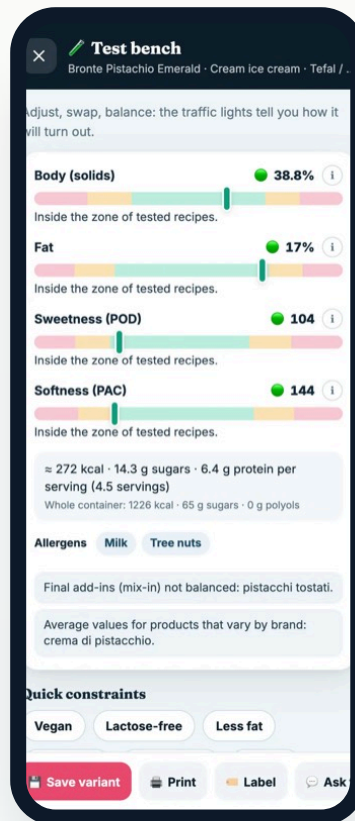
Love sorbets? Got a signature sorbet of your own in mind, made with a fruit you adore that isn't in this book?

The ICED METHOD APP has a TEST BENCH. Enter your recipe, gram by gram.

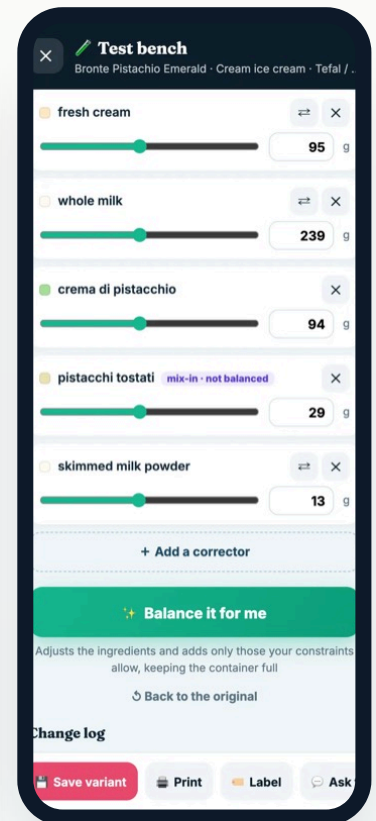
Before you freeze, the traffic light tells you whether it will come out creamy, too hard or icy: no wasted tubs, no 24 hours lost.

Then tap "Balance it for me" and the app optimises the recipe for your machine, keeping the tub full. It comes out perfect on the first spin.

- 1 Enter your recipe
- 2 Read the traffic light
- 3 "Balance it for me"



The traffic light: body, sweetness, softness



"Balance it for me": one tap and it's sorted

Create your signature sorbet →

app.icedmethod.com

DOLCI · SORBET · RE-SPIN

Common mistakes and fixes on the Dolci

Almost every problem has a simple cause. These are the most frequent ones with sorbets.

! Powdery or crumbly after the first spin

→ Normal with very cold sorbets. Run RE-SPIN; if needed, add 15–20 ml of juice or water.

! Hard or icy

→ Under-ripe fruit or sugars weighed by eye. Run RE-SPIN; next time use ripe fruit and weigh to the gram.

! Too soft, melts at once

→ Very sweet fruit or too much sugar. Put the tub back in the freezer for 30 minutes, then RE-SPIN.

! Hump on the surface

→ If it's high, hold the tub under hot water for 30 seconds and level it with a spoon before the program.

! Tub stuck

→ Run hot tap water over the outside for 30–60 seconds. Never force it with knives or tools.

! Mix poured in warm

→ Always let the mix cool before freezing: heat creates large crystals.

! Above the MAX line

→ The blade can't work properly. Always respect the MAX line: the quantities in this book are calculated for it.

! Less than 24 hours of freezing

→ The core stays soft and the result is uneven. Plan a day ahead, at –18 °C.

Your signature sorbet

Got a signature sorbet in mind? In the app's TEST BENCH the traffic light tells you if it will be creamy, and "Balance it for me" fixes it in one tap.

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SEASON

Fruit calendar · southern hemisphere

When fruit is at its best in Australia and New Zealand; dates vary by region and can differ between AU and NZ by a few weeks. Out of season, choose good-quality frozen fruit.



SOURCES AND METHOD

Brix values and data sources

NO.	FRUIT	CIQUAL 2020 (ANSES) · USDA FDC	SUGARS	ACIDS	BRIX
01	strawberry	Ciqual 13014 · <i>Strawberry, raw</i>	5.6 g	0.85 g	6.5
02	raspberry	Ciqual 13015 · <i>Raspberry, raw</i>	5.4 g	1.9 g	7.5
03	blueberry	Ciqual 13028 · <i>Blueberry, raw</i>	9.96 g	1.37 g	11.5
04	blackberry	Ciqual 13029 · <i>Blackberry, raw</i>	6.1 g	0.15 g	6.5
05	lychee	USDA FDC 169086 · <i>Litchis, raw</i>	15.23 g		15
06	blackcurrant	Ciqual 13007 · <i>Black currant, raw</i>	9.68 g	2.63 g	12.5
07	cherry	Ciqual 13008 · <i>Cherry, pitted, raw</i>	10 g	0.17 g	10
08	apricot	Ciqual 13000 · <i>Apricot, pitted, raw</i>	6.7 g	0.47 g	7
09	peach	Ciqual 13195 · <i>Peach, yellow-flesh variety, pulp, raw</i>	7.6 g	0.18 g	8
10	nectarine	Ciqual 13148 · <i>Nectarine, yellow, flesh and skin, raw</i>	8.8 g	0.16 g	9
11	feijoa	USDA FDC 168176 · <i>Feijoa, raw</i>	8.2 g		8
12	pear	Ciqual 13189 · <i>Pear, var. Williams, pulp, raw</i>	9.4 g	0.6 g	10
13	green apple	Ciqual 13121 · <i>Apple, var. Granny Smith, pulp, raw</i>	10.6 g	0.04 g	10.5
14	black plum	Ciqual 13100 · <i>Plum, raw</i>	9.92 g	1.27 g	11
15	fig	Ciqual 13012 · <i>Fig, raw</i>	12.2 g	0.17 g	12.5
16	rockmelon	Ciqual 13026 · <i>Melon, cantaloupe (ex Cavaillon or Charentais melon), pulp, raw</i>	10.6 g	0.23 g	11
17	watermelon	Ciqual 13036 · <i>Watermelon, pulp, raw</i>	7.9 g	0.02 g	8
18	kiwifruit	Ciqual 13021 · <i>Kiwi fruit, pulp and seeds, raw</i>	8.9 g	1.05 g	10
19	orange	Ciqual 2013 · <i>Orange juice, home-made</i>	8.4 g	0.8 g	9
20	mandarin	Ciqual 2034 · <i>Mandarin or clementine juice, pure juice</i>	10 g	0.8 g	11
21	lemon	Ciqual 2007 · <i>Lemon juice, home-made</i>	2.06 g	4.8 g	7
22	pink grapefruit	Ciqual 2025 · <i>Grapefruit juice, home-made</i>	9.1 g	1.36 g	10.5
23	pineapple	Ciqual 13002 · <i>Pineapple, pulp, raw</i>	10.5 g	0.78 g	11.5
24	mango	Ciqual 13025 · <i>Mango, pulp, raw</i>	12.9 g	3.13 g	16
25	banana	Ciqual 13005 · <i>Banana, pulp, raw</i>	15.6 g	0.13 g	15.5
26	persimmon	Ciqual 13066 · <i>Persimmon, pulp, raw</i>	13.9 g	0.03 g	14
27	pomegranate	Ciqual 2017 · <i>Pomegranate juice, pure juice</i>	12.7 g	1 g	13.5
28	passionfruit	Ciqual 2024 · <i>Passion fruit juice, fresh</i>	14.3 g	3 g	17.5
29	rhubarb	Ciqual 13047 · <i>Rhubarb, stalk, raw</i>	1.47 g	1.9 g	3.5
30	lime	Ciqual 2030 · <i>Lime juice, home-made</i>	1.69 g	5 g	6.5

Values per 100 g of pulp (or juice for citrus and pomegranate). Estimated Brix = sugars + organic acids: indicative values (±2). Feijoa and lychee: USDA FoodData Central, organic acids not reported (counted as 0).

Balancing follows the total-solids method (pulp Brix → fruit percentage → total dry extract 28–31 %) described in professional sorbet literature (J.-M. Ponthier, "Sorbetes Premium", cited only as the source of the method). Brix and sugar values: Ciqual 2020 table (ANSES); for feijoa and lychee, USDA FoodData Central (lychee sugar profile from Ciqual 2020). Indicative values. Every recipe is checked with the ICED METHOD° calculation engine. Seasons: Sustainable Table, Mangoes Australia, 5+ A Day NZ. Texts and recipes are original to ICED METHOD°.

Keep going in the app

You've taken the first step. The other recipes, the grams for your tub and the traffic light before you freeze are waiting in the ICED METHOD APP.

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- Always follow your machine's user manual (it recommends a freezer between -13 and -22 °C): capacity, MAX line, programs and safety warnings take precedence over these instructions.
- Allergens, ingredient by ingredient. Milk and lactose: every sherbet version (mascarpone or cream cheese); the basic sorbets contain no milk. Poppy seeds (black plum) are not on the Food Standards Code list of mandatory allergens, but they can cause reactions in some people, sometimes cross-reacting with tree nuts and sesame; do not give them in large amounts to young children. No recipe contains tree nuts, peanuts, gluten, eggs, soy, sesame, fish, shellfish or lupin; nutmeg (banana) is a spice, not a tree nut. Take care if you are sensitive to: kiwifruit (a common allergen), pink peppercorns (rockmelon; related to cashew and pistachio, avoid them if you are allergic to those), coriander (pineapple), guar gum (from a legume). Honey (rhubarb) is not suitable for babies under one year. Always check the label of every product.
- Special ingredients in the chef's touches: matcha (kiwifruit) and coffee (banana) contain caffeine; for children use decaf or leave them out. Avoid liquorice (lemon) if you have high blood pressure or are pregnant; the chilli (watermelon) is optional.
- Hygiene and food safety: this is a cookbook for the home kitchen. The chef's rules (page 5) follow good professional-kitchen practice: wash fruit and herbs well, keep mascarpone and cream cheese in the fridge and use them by their use-by date, freeze the mix straight after making it and never refreeze a thawed sorbet. For young children, pregnant women, older people and anyone vulnerable, take the same care as with fresh fruit: very fresh, sound fruit, well washed, and the highest hygiene. These are guidelines: they do not replace hygiene rules, your machine's manual or common sense; in your own kitchen, your own judgement applies.
- Fruit is never the same twice: its sugar content (Brix) and pectin change with variety, ripeness and season. These recipes are built on standard data (ANSES Ciquel table; USDA FoodData Central for feijoa and lychee), so results may vary, as they do with the real temperature of your freezer. In the ICED METHOD APP, the TEST BENCH helps you adapt the recipe to your fruit before freezing.
- This book is free and may not be sold. © 2026 ICED METHOD° — all rights reserved.

Enjoy your sorbets!

