



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

Apricot Sherbet

Kayısı Şerbeti



2.20 pounds apricot
2 cups granulated sugar
1 lemon

- # Wash the apricots very well, place it over a strainer to drain its water.
- # Remove the seeds of the apricots, cut the apricots into 3 – 4 pieces.
- # Put the apricot pieces into a steel pot, and pour the granulated sugar all over the apricot pieces. Cover the lid on and rest it overnight.
- # The day after, place the pot over medium heat, poach the mixture, remove the bubbles which seems during the boiling, mash the big apricot pieces by a wooden spoon during the poaching.
- # After poaching the mixture for 15 – 20 minutes, add the lemon juice into the pot, poach it for 5 more minutes, turn off the heat, let the mixture cool down in the pot.
- # When the mixture cools down totally in the pot, fill it into the jars, and store.
- # Put 3 tbsp sherbet into a glass, and fill the remaining part of the glass with cold water, and mix it well by a teaspoon while serving.
- # You can strain the apricot sherbet, if you want.
- # Serve cold.

Note: If the apricots are not ripe, you can increase the measure of granulated sugar to 2 + 1/2 cups.