



A LOCAL *Ontario food* EXPERIENCE

# recipe of the week

## peach and buttermilk sherbet

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From *Martha Stewart Living*, July 2007

- 4 large ripe peaches (about 1-3/4 pounds), pitted and quartered
- 3/4 cup sugar
- 1/4 cup light corn syrup
- 3 tablespoons fresh lemon juice
- 1/2 teaspoon coarse salt
- 1-1/2 cups buttermilk
- 1 cup whole milk

Bring peaches and sugar to a gentle simmer in a medium saucepan over medium heat. Cover, and cook, stirring occasionally, until peaches are soft, about 20 minutes. Let cool 10 minutes. Puree peaches and their syrup in a food processor. Pass through a medium sieve into a bowl; discard solids.

Whisk together corn syrup, lemon juice, and salt, and pour into peach puree. Whisk in buttermilk and milk. Cover, and refrigerate 30 minutes.

Freeze in an ice cream maker according to the manufacturer's instructions, until thick and creamy, 35 to 45 minutes. Transfer to an airtight container. Sherbet can be frozen for up to 1 week. Makes about 1 quart.

Enjoy!