

Fruit Ice Recipes

By Bruce Linnell

These recipes were inspired by Harold McGee's "The Curious Cook"; however, they are completely my own creations. Each recipe is actually calculated from a set of equations describing the sugar content, acidity, and dilution of the mix.

Always use fresh-squeezed fruit juices (except for orange juice, or other 100% pure non-reconstituted, unpasteurized juices). Don't use any fruit juice with added sugar, because...

The amount of sugar is very important, that's why everything is given down to the tablespoon (note that 2 T = 1/8 cup). The amounts given below result in a firm but easily scoopable ice from a freezer at 0 °F. If you want it slushier, add 2 T more sugar for every cup of sugar in the recipe. If you want it firmer, subtract 2 T sugar for every cup of sugar in the recipe. If that isn't enough, try +/- 4 T per cup.

If the ice is too tart or too sweet, you can add or subtract lemon juice (always fresh!) without too much trouble - simply swap it for an equal amount of water. Some lemon juice is always a good idea, to offset the extreme sweetness from the sugar.

Orange

4	cups	juice
1 1/3	cup	water
2 1/4	cup	sugar
1/2	cup	lemon juice

This is probably the easiest one to start with, because OJ from a carton works fine. You can also skip the lemon juice if you want, just add an extra 1/4 cup OJ and 1/4 cup water. OJ from a health food store tastes more like fresh-squeezed, without the hassle!

Grapefruit

4	cups	fruit juice and pulp (about 10 medium grapefruits)
2	cups	water
2 1/4	cups	sugar

This one is extremely good and is my personal favorite, but don't try using juice from a carton. Most of them have enough bitter taste from the pasteurization to spoil the ice.

Lemon

1	cup	fruit juice and pulp (about 4-5 medium lemons)
3 1/3	cups	water
2 1/4	cups	sugar

Lime

1	cup	fruit juice and pulp (about 5-6 medium limes, or 12 small ones)
3 1/3	cups	water
2 1/4	cups	sugar

Directions :

Heat the water and sugar on very low heat, stirring constantly, just long enough to dissolve the sugar. Remove from heat as soon as all the sugar is dissolved. Do not burn the sugar!

Mix fruit juice, sugar syrup, and lemon juice. Leave in refrigerator until you'll have a day to freeze it.

Place in freezer. Stir thoroughly **every two hours** (this is very important!). It takes 6 to 8 hours to solidify, depending on the quantity and initial temperature.