

## Orange and Triple Sec Sorbet - Vegan



Okay...I admit it...I've gone a bit loopy with my new ice cream maker! This time it's a grown up sorbet. One for adults only as it's got a bit of a kick to it. The light orange colour is wonderful and delicate - no need to add any food colourings as the juice does it all. I've reduced the sugar so it's not too sweet. As always it's a vegan version so no dairy or egg.

I do think that sorbets are a great way to end a meal. They are super easy to make and you can play around with ingredients all you like - mango, strawberry...heck I might even try blueberry!

In the meantime here's the recipe for the Orange and Triple Sec version:

### Ingredients

3 cups of water

3/4 cup caster sugar

Juice of 2 small oranges (minimum 1/3 cup)

Zest of 1 1/2 small oranges

1 1/2 tbs Triple Sec

1 tsp Orange Blossom Water

## Method

Put the water and caster sugar in a pot on a medium heat along with the zest. You are warming the water enough to dissolve the sugar so don't let it boil at this stage. With a wooden spoon you can give it the occasional mix at the beginning so the sugar doesn't all sit on the bottom of the pot (best to put the water in first, then sprinkle the sugar on top).

Once the sugar is dissolved then increase the heat til the mixture boils. Boil for 5 minutes but do not stir. The heat releases the flavour from the zest and some of the colour too. After five minutes take off the heat and add the juice, booze and flavouring.

Leave to go cold (you can put it in the fridge if you're in a hurry).

Then follow the instructions on your ice cream machine. For us, it takes about 35 minutes of churning to get a nice sorbet. Pop in the freezer to firm up. If you don't have an ice cream maker then put the mixture in the freezer and every 45 minutes or so take it out and stir it vigorously. After 3 'stirs' you should have a good sorbet.

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