

CHEF & CHILD FOUNDATION RECIPE COLLECTION

MIXED BERRY AND BEET SORBET WITH GINGER

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SERVINGS
PER RECIPE: 4



Ingredients:

- 2 cups mixed assorted frozen berries (slightly thawed)
- 1/2 inch piece ginger
- 1/2 Medium fresh beet
- 1 tbsp. honey
- 1 oz. fruit juice
- 4 – 6 fresh mint leaves

Directions:

1. Pre-cook the beet by either roasting or boiling.
2. Set aside and let cool.
3. Start with fruit first followed by everything else in a blender or mixer.
4. Puree until smooth.
5. Serve immediately with a sprig of fresh mint.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.



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