

CRUNCH TIME

Making Sherbet



**Serve Information: Makes a small amount
(ie it will only partially fill a small snap-lock bag)**

INGREDIENTS:

Small bowl of citric acid
Small bowl of bicarbonate of soda
Small bowl of icing sugar
Small bowl of jelly crystals

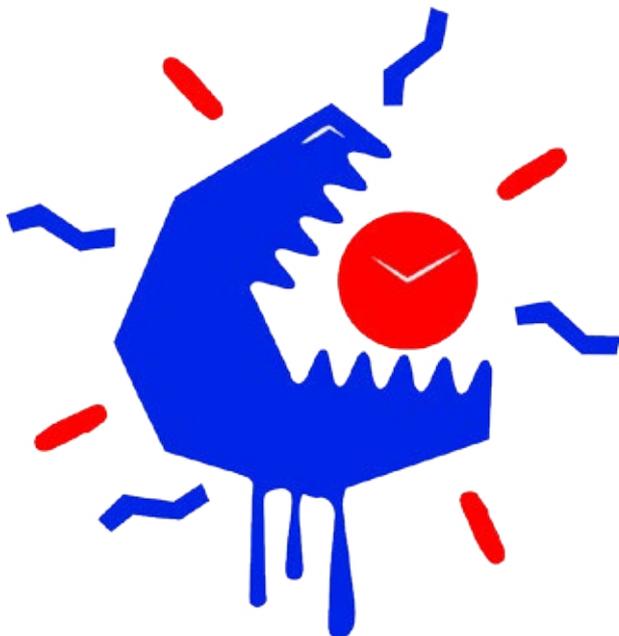
EQUIPMENT:

3 Teaspoons
Dessert spoon
Small snap-lock bag



METHOD:

1. Take the citric acid. Citric acid is one of the acids found in citrus fruits like oranges, lemons and limes.
2. Then add bicarbonate soda.
3. Then icing sugar.
4. Finally, add jelly crystals.
5. Now, we'll stir it all together with a dry spoon. The reason we have to use a dry spoon is because we don't want our sherbet fizzing up too early!
6. Pour the mixture into a snap-lock bag and seal
7. Shake the bag to mix the contents
8. Open up the bag and taste about half a teaspoon of it
9. The sherbet will have fizzed on your tongue! When you taste sherbet, you're creating an acid-base reaction in your mouth. Your saliva mixes with the citric acid and the alkaline bicarbonate of soda. This creates a gas, in the form of lots of little bubbles that feel fizzy on your tongue!
10. Do you think it fizzed enough? Use a clean spoon to add some more bicarbonate of soda or citric acid and shake the bag. Taste again with clean spoons.
11. The bubbles in sherbet are like the bubbles in fizzy drinks. They're carbon dioxide bubbles.
12. Was it sweet enough, or was it bitter or sour? Use another clean spoon to add a bit more icing sugar and shake the bag. Taste again with clean spoons
13. The reason we add icing sugar to our sherbet is because the citric acid and bicarbonate soda are quite sour.
14. When you try taste-testing, you should only add a little bit extra of any ingredient at a time. That's because you can always add more if you need – but if you put in too much of something, you can't remove it.



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