



Recipe for Plum Balsamic Whey Sorbet | Recipe by Cheryl Sternman Rule

To achieve this vibrant color, look for plums with dark skins and deep red flesh. If you regularly make homemade yogurt and save the whey, this is a spectacular way (homophone alert) to use it. Finally, this sorbet won't get rock-hard like many others, which is one of its many pluses. Still, I recommend letting it sit out for a few minutes before scooping to yield the smoothest spheres.

Note: Though this no-cook method is exceptionally easy, I recommend starting it one day ahead so the base has plenty of time to chill before churning.

Makes 1 quart

2 pounds dark-fleshed plums (about 9), pitted and rough-chopped

1/2 cup + 2 tablespoons sugar

1/4 cup whey

1 tablespoon balsamic vinegar

Pinch salt

Puree the fruit in a high speed blender until nearly smooth. Add the sugar, whey, balsamic, and salt and puree again. Transfer to a covered container and refrigerate several hours or overnight.

Pour into an ice cream maker and churn according to manufacturer's instructions. Transfer to a metal loaf pan, press a sheet of parchment directly on the surface, and wrap the loaf pan in foil. Freeze for at least 6 hours before scooping.