

The One with the Granita

Alice Good evening, Super Naturals.

Billy Hello Alice.

Alice Now, we're talking about states of matter. What have we already spoken about, with states of matter? Maddy?

Maddy Solids, liquids, and gases.

Alice Perfect. Now we've got some solids, liquids, and gases in this very room. And we're going to talk about how one turns into another, and what can affect it. So, to illustrate that, we're gonna use granita. Who's eaten sorbet before? Who's eaten ice cream before? Excellent, good, so we're all on the same page. Who loves frozen delicious desserts? Great. Who loves cucumbers? Awesome. Perfect. So, we're gonna make a cucumber granita today. And we're gonna turn it from a solid into a liquid, back into a solid. And I'm gonna use my very special volunteer, Lily.

So you've got the cucumbers and the mint inside the food processor. Now, I'd like you to add some lime juice. Squeeze that in. If it's quite a hard one, it helps to pop your limes and lemons in the microwave for a couple of seconds just to loosen them off, or even squish them on the bench before you squeeze. Now that we've got the acid, let's add the sugar. Now, that's caster sugar. So we're gonna pop that in there. What do you think the sugar is going to do to the water? Maddy?

Maddy Does it lower its freezing point?

Alice Exactly. Which means that it needs a lower temperature in order to freeze. It takes longer, and the ice crystals are bigger, which is perfect for our granita, 'cause we want that extra crunch. Do you wanna add some of that water in? Perfect. In fact, pour it all in. Good. Excellent.

Maddy Feels like a science experiment.

Alice It's absolutely a science experiment. Fantastic. Now, Lily, I've got my grownup eyeballs on you. So, why don't you give that a blitz, and turn this solid into a liquid?

Maddy You can really smell the mint.

Billy Yeah. It smells good.

Alice Fabulous. And you know it's ready, because it's more liquid than it is solid. At this point, we're gonna pour it into our freezer-proof container. Thank you, Lucy.

- Lucy** You're welcome.
- Alice** About halfway. How good does that smell? Oh yeah.
- Lucy** Smells like cucumber.
- Alice** It does, it smells a lot like cucumber.
- Lucy** Just a little bit of mint.
- Alice** Give it a whiff. Does that smell good? Now I'm gonna pop the lid on and put this in the freezer for half an hour, then I'm gonna scrape it, and put it in the freezer again, for another half hour. And then what am I gonna do?
- Billy** Take it out of the freezer?
- Alice** Absolutely.
- Billy** Then you can eat it?
- Alice** Yes. So, every half hour for an hour and a half, we're gonna freeze, scrape, freeze, scrape, freeze, scrape, and every time, we're breaking the ice crystals down, so it's nice and crunchy and yummy. So you don't need any sort of blast chiller or churner to make this icy delight. You guys know how much I like surprising you with guests, and I've got a very special guest. Please welcome, Sam.
- Sam West** Hello.
- Group** Hello.
- Alice** He is our...
- Sam West** Writer.
- Group** Yay.
- Maddy** Where do you get inspiration for the scripts?
- Sam West** Cartoons.
- Maddy** It's always the best place.
- Sam West** Yeah. Cartoons and books. Gotta read heaps of books, watch heaps of cartoons.
- Alice** That's one of my favourite lessons as an English teacher, is if you wanna be a writer, the best thing you can do is read, read lots and lots of writing.
- Sam West** Reading books.

- Alice** Yeah, Billy?
- Billy** How long have you been writing?
- Sam West** Since I could put the words together. But professionally, for about 10 years.
- Alice** Whoa.
- Jonathan** Ooh.
- Maddy** Do you have any tips for writer's block, or if you are just totally stuck with something?
- Sam West** Go for a walk, and read something, or watch something, that has nothing to do with what you're writing. And read lots of different sorts of things.
- Alice** Yay, Sam West. Thank you.
- Sam West** Nice meeting you all.
- Alice** Yeah.
- This has been in the freezer for an hour and a half. We've been taking it out to scrape every time. Now, what does that look like to you?
- Maddy** It looks a little bit like guacamole.
- Alice** Like guacamole? I like it. 'Cause it's green and mushy? It looks a little bit like snow to me.
- Lucy** But green snow.
- Alice** Green snow? I wonder what happened to that snow to make it green. Hmm. Joseph?
- Joseph** Sort of looks like snow cucumbers.
- Alice** Snow cucumbers. I love that. Who wants to taste a snow cucumber? Great. Okay, so grab a spoon each. No double-dipping. So it's quite different to ice cream or sorbet, where it freezes much quicker because it's churned. This way, you're getting the crunchy texture.
- Lucy** It's very minty.
- Alice** Very minty? What do you think?
- Maddy** Delicious.
- Lily** It's very different than I expected it to feel in my mouth, different than it actually was, like it melts really fast and it's really cold, and fresh, and nice.

Jonathan What would everyone rate this out of 10?

Billy 10.

Maddy It's an absolute 10.

Lucy 10.

Lily 11.

Alice What? That's awesome. What do you think, Jonathan? You're gonna give it a taste?

Jonathan Yeah.

Alice Okay. There you go.

Jonathan Smells like cucumber, looks like cucumber, and it's green, like you.

Billy Thanks.

Jonathan Hmm. It's actually not that bad. Thanks guys.