

Lemon Ice (Sorbet)

Based on: <http://allrecipes.com/recipe/77853/lemon-sorbet/>

Ingredients

2 lemons' Zest

2 cups water

1 cup sugar

1 cup lemon juice

1 cup lime-flavored carbonated water

Instructions:

In a saucepan, stir together the lemon zest, water and sugar. Bring to a boil, then reduce heat to medium and simmer for 5 minutes. Remove from the heat, and allow to cool.

In a pitcher or bowl, stir together the lemon syrup with lemon juice and mineral water. Pour into an ice cream maker, and freeze according to the manufacturer's instructions.

If you do not have an ice cream maker, you may freeze it in a tall canister. Freeze for 1 1/2 hours. Remove and stir with a whisk. Return to the freezer and stir about once every hour for about 4 hours. The more times you stir, the more air will be incorporated, resulting in a lighter finished product.

Variations:

(Use a fruit-infused water and omit or reduce lemon zest/juice)

(Toss sugared frozen fruit; ex. Raspberries. Add 1tbsp balsamic vinegar)

(add 3 tbsp vodka to help it keep from freezing solid)

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