LEMON SORBET

From our garden: Lemons

NOTES TO STUDENTS and VOLUNTEER:

1. Read this recipe so you understand how to prepare the ingredients.
2. The simple syrup must be cool before adding to the sorbet machine

Equipment

- chopping board
- large knife
- microplane
- measuring spoons
- measuring cups
- juicer
- medium saucepan
- wooden spoon
- sorbet machine

Ingredients

- 2 cups sugar
- 2 cups water
- 1 ½ cups lemon juice
- 1 tablespoon lemon zest

What to do

- Combine the sugar and water in a medium saucepan and bring to a boil over medium – high heat.
- Reduce the heat to low and simmer without stirring until the sugar dissolves, about 3 – 5 minutes
- Cool completely. This is called a simple syrup, and may be made ahead. Keep refrigerated until ready to use.

When cool,

- Add the lemon juice and zest, stir to combine.
- Turn on the sorbet machine.
- Pour the lemon mixture into freezer bowl through the ingredient spout and mix until thickened, about 25 – 30 minutes.