



Recipe from: [My Catholic Tradition](#)

## Lemon Sorbet

SERVES SIX

1 cup caster (superfine) sugar, plus extra for coating rind to decorate  
4 lemons, well scrubbed  
1 egg white

Put the sugar in a pan and pour in 1 1/4 cups water.  
Bring to the boil, stirring occasionally until the sugar has just dissolved.  
Using a swivel vegetable peeler, pare the rind thinly from two of the lemons so that it falls straight into the pan.  
Simmer for 2 minutes without stirring and then take the pan off the heat.  
Leave to cool and then chill.

Squeeze the juice from all the lemons and add it to the syrup.  
Strain the syrup into a shallow freezer proof container, reserving the rind.  
Freeze the mixture for 4 hours, until it is mushy.  
Process the sorbet (sherbet) in a food processor until it is smooth.  
Lightly whisk the egg white with a fork until it is just frothy.  
Return the sorbet in the container.  
Beat in the egg white and return the mixture to the freezer for 4 hours, or until it is firm.  
Cut the reserved lemon rind into fine shreds.  
Cook them in boiling water for 5 minutes, or until tender.  
Drain and then place on a plate.  
Sprinkle generously with caster sugar.  
Scoop the sorbet into bowls or glasses.  
Decorate with the sugared lemon rind.