



Recipe from: [My Catholic Tradition](#)

Strawberry and Lavender Sorbet

SERVES SIX

3/4 cup caster (superfine) sugar
6 fresh lavender flowers, plus extra to decorate
5 cups strawberries, hulled
1 egg white

Place the sugar in a pan and pour in 1 1/4 cups water.
Bring to the boil, stirring until the sugar has dissolved.
Take the pan off the heat.
Add the lavender flowers and leave to infuse (steep) for 1 hour.
Chill the syrup in the refrigerator before using.

Process the strawberries in a food processor or in batches in a blender.
Press the purée through a large sieve into a bowl.
Pour the purée into a freezer proof container.
Strain in the syrup and freeze for 4 hours, or until mushy.
Transfer to a food processor and process until smooth.
Whisk the egg white until frothy, and stir into the sorbet (sherbet).
Spoon the sorbet back into the container and freeze until firm.
Serve in scoops, piled into tall glasses.
Decorate with sprigs of lavender flowers.