Lemon sorbet

Recipe by V-ZUG Ltd.

Preparation	30 Mins
Resting time	3 Hrs
Cooking time	10 Mins
Portions	6

A light and refreshing sorbet that's quite a looker! Home-made lemon sorbet served in the lemon shells is a perfect summer treat that brings back childhood memories.

Hollowing out the lemons

6 lemons

Sorbet mixture

200 ml water

150 g sugar

100 g glucose syrup

1 lemon, grated zest

Hollowing out the lemons

Cut a thin slice off the bottom of each lemon, without cutting through to the flesh, so that they stand upright. Cut a 2 cm "lid" off the top of each lemon and set aside. Gently spoon the flesh out of the shell and put in a tall vessel. Briefly purée with a hand blender, pass through a sieve into a bowl, press the mixture down well to extract all the juice. Set aside 250 ml lemon juice for the sorbet. Freeze the hollowed-out shells and lids.

Sorbet mixture

Put the water, sugar and glucose syrup into a pan and bring to the boil, stirring constantly. Remove from the heat and leave to cool down. Add the lemon zest and the lemon juice set aside, stir together well, cover and refrigerate for at least 2 hours. Pour the sorbet mixture to an ice cream maker and proceed according to the manufacturer's instructions. Spoon the sorbet into the frozen shells. Freeze them for at least 1 hour before serving. Place the lemons in the refrigerator about 15 minutes before serving.

Tips

Place a bunch of Thai basil leaves (about 20 g) in the cooled syrup, cover and allow to infuse. Put the leaves and syrup in a jug blender, very finely purée for about 5 minutes, strain through a sieve, then mix with the lemon zest and juice. Now proceed as described above.

Lemon sorbet can be prepared a few days in advance: freeze the sorbet and hollowed-out shells separately. Just before serving, briefly blend the sorbet with a hand blender until smooth, then spoon into the lemon shells.

Pour any lemon juice that is left over into an ice cube tray and freeze. Use to flavour water, tea and cocktails.

Additional information

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