



LeiHall Farm Recipes

Lemon and Spearmint Sherbet

- 1/4 cup fresh mint leaves (15-20 leaves)
- 2- 3/4 cups of 1% skim milk
- 3/4 cups sugar
- 3/4 cup fresh lemon juice
- 2 tsp freshly grated lemon zest

In large saucepan, combine, mint, milk and sugar. Stir over medium heat until sugar dissolves, about 3 minutes. Transfer to a large glass measuring cup or bowl. Cover with plastic wrap and refrigerate until chilled, at least 1 hour or overnight. (The sherbet base will keep in the frig for up to 2 days). Pour sherbet base into a food processor or blender and pulse briefly to chop mint. Add lemon juice and zest and pulse to blend.

Put mixture in a shallow, non- reactive metal pan until solid in the freezer, about 6 hours. When ready to eat, break into chunks and pulse in food processor until smooth. Serve immediately or transfer to a chilled bowl and freeze for 1/2 hours for a firmer texture. Sherbet will keep in an airtight container in freezer for up to 4 days. Let soften for 30 minutes in frig before scooping for ease of use.