

Lemon Sorbet

Submitted by Carolyn Wilson
Serves 6

Ingredients

- 1 ½ c granulated sugar
- 1 ½ c water
- 1 small cinnamon stick
- 2 c lemon juice
- Grated rind of one lemon
- 9 oz can sweetened condensed milk (whole or fat free)

Directions

1. Dissolve sugar in water in medium sauce pan and add cinnamon stick. Heat on high until water boils, stirring occasionally. Boil water for about 10 minutes.
2. While water is heating and boiling, squeeze juice from lemons. Measure and pour into bowl. Grate lemon peel into same bowl. Set aside.

3. After boiling water for 10 minutes, remove from heat and allow to cool about 20 minutes. Do not allow to cool completely as the syrup will harden. (If this happens, it will be necessary to re-heat slightly to remove cinnamon stick.) When it has cooled slightly, it becomes a syrup. Remove cinnamon stick and add grated lemon peel and juice. Stir to mix thoroughly, then cover tightly and place in the freezer. It will take about 3 minutes to almost freeze.
4. Once mixture is almost frozen, remove from freezer and slowly add condensed milk, continuing to stir the lemon mixture with a whisk. Return to freezer until frozen solid. It will take about 5 hours to freeze solid.
5. Remove and scoop into bowls.

Serving Idea: Take 3 lemons that have been halved and juiced. Trim ends if pointed, so that they will sit upright on a plate. Then freeze the 6 halves before you begin making the sorbet. Once sorbet is frozen, scoop into lemon halves and keep in freezer until you are ready to serve.

Another idea: Use 6 mint leaves instead of cinnamon stick.