

MANGO SORBET

Serves 8 to 10.

By Dennis W. Viau; from a friend's recipe.

Summertime is the time to think about ice cream, sherbet, and sorbet. This sorbet is made with fresh ripe mangos. With an ice cream maker, it is easy to prepare a delicious summer treat. My friend testified she served this sorbet many times and always with good results.

Ingredients:

1 cup (200g) sugar

$\frac{3}{4}$ cup (175ml) water

2 ripe mangos (very ripe) about $\frac{1}{2}$ pound (225g) each

Juice of 1 lime

Directions:

Combine sugar and water in a small saucepan and place over low heat. Stir until the sugar is dissolved completely and the syrup is clear. Remove from heat and allow to cool to room temperature.

Peel the mangos and cut the fruit from the large pits.

Combine the cooled syrup, mango pulp, and lime juice in a food processor (or blender) and purée until smooth, about 30 seconds. (For a smoother sorbet, you can push the mixture through a strainer or colander to remove lumps.) Cover and refrigerate at least 3 hours or overnight.

Stir the chilled mixture, then freeze in your ice cream machine according to manufacturer's instructions.

When finished the sorbet will be soft, but ready to eat. For firmer sorbet, transfer to a freezer-safe container with lid and freeze at least two hours.

