



Granny Smith Apple Lemon Grass Sorbet

1 For the molasses: Pour the water, the sugar and the lime zest into a pot and bring to the boil. Simmer for about 10 minutes, then let the mix cool down. Add lemon juice to taste and strain through a fine sieve.

2 Fruit part/Granny Smith Apple Lemon Grass

Sorbet: Coarsely chop lemongrass, ginger & apples and juice them through a fruit juicer including the peels - not only will you preserve many of the vitamins, but also the color!

3 Fruit part/Ginger Lychee Sorbet : A simple kitchen blender works find here. Just finely blend the ginger and the peeled (and pitted) lychees and strain through a fine sieve.

4 Now combine fruit- juice and molasses, stir well and pour the mixture into your ice cream machine or fill it into a flat (closeable) Tupperware - or similar- container and place in freezer. If you don't have an ice cream maker, make sure to check back every other hour to scrape the container with a fork to break up the frozen bits and create slush.



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Recipe source: Johanna Maier, p.201, adapted

Required time: preparation takes less than 20 min., chilling/ freezer: at least 6 to 8 hours, chilling/ ice cream machine: ~45min-1h

Ingredients (serves 4-6):

- * 1.5cm/1" fresh ginger
- * 4-5 stalks of lemongrass
- * 5 medium sized Granny Smith apples
- * 50ml water
- * 50g sugar
- * juice of 1 lemon

Ginger Lychee Sorbet

Recipe source: Own creation

Required time: preparation takes less than 20 min., chilling/ freezer: at least 6 to 8 hours, chilling/ ice cream machine: ~45min-1h

Ingredients (serves 4-6):

- * ~500g (peeled and pitted) Lychees
- * 60ml water
- * 60g sugar
- * zests of 1 lime
- * juice of 1/2 lime
- * 0.5cm / 0.2" fresh ginger