

Sunny Lemon Ice



PREPARATION TIME
1 hour



COOKING TIME
none



PERFECT PARTNER
vanilla wafers



Large lemons sold individually can cost in excess of 50 cents each. Look for smaller lemons packed in 3-pound bags. You will usually get twice the amount of lemons for your money.

SHOPPING LIST

- lemons
- mint sprigs

ON HAND

- sugar • salt

INGREDIENTS

- 2½ cups sugar
- 5 cups water
- ¼ teaspoon salt
- 1 cup fresh lemon juice (about 6 lemons)
- 1 tablespoon grated lemon peel
- 6 mint sprigs

SERVES 6

COOK'N Express

• Using an ice cream maker will cut this recipe's freezing time to 30 minutes. Pour the lemon mixture into the freezer container and follow the manufacturer's instructions.

Make Ahead

Lemon ice is an ideal party treat to make 1 day ahead. Spoon softened ice into hollowed lemon or orange halves for a pretty presentation.

♦ VARIATION

For lime ice, simply substitute fresh lime juice for the lemon juice.

1 Combine sugar, water and salt in a large saucepan. Cook, stirring continually, over low heat until sugar dissolves. Bring to a boil and cover. Boil for 5 minutes; do not stir.



2 Remove pan from heat. Stir in lemon juice and lemon peel. Pour into a medium glass dish. Cool at room temperature. Freeze, covered, until slushy. Spoon into a chilled mixing bowl.

3 Beat ice with an electric mixer set at medium speed until smooth, but do not allow mixture to melt. Pour back into dish and spread evenly. Cover with plastic wrap.



4 Freeze lemon ice, stirring 2 to 3 times, until firm. Spoon into chilled dessert dishes. Top each serving with a mint sprig.