

Honeydew Mint Sorbet

Author: Adapted from a verbal recipe, The Lodge at Torrey Pines (La Jolla, CA)



1. Remove melon flesh and chop in 2-inch pieces. Measure out the corn syrup. Prepare mint - remove stems and chop mint into small pieces. Set aside.
2. In the bowl of a food processor add the honeydew and corn syrup. Puree until smooth. Taste for sugar. If you use an underripe melon you may need to add more sugar. Add the mint and continue to process until the mint is just incorporated.
3. Process sorbet in an ice cream machine according to the instructions. When frozen, scoop into a tight-fitting freezer container and freeze for 2-4 hours.
4. Serve a scoop of the sorbet with a tiny mint leaf for garnish.

1 whole honeydew melon
2/3 cup light corn syrup
1/3 cup fresh mint, packed

Per Serving (excluding unknown items): 108 Calories; trace Fat (1.1% calories from fat); 1g Protein; 29g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 40mg Sodium.
Exchanges: 0 Vegetable; 1 Fruit; 1 Other Carbohydrates.

Carolyn T's Tasting Spoons blog:
<http://tastingspoons.com>