



Lychee sorbet

NIBBLEDISH CONTRIBUTOR

Ingredients

- 2 (20 ounce) cans lychees in heavy syrup
- 1/2 cup sugar
- 1/4 cup water
- 1 large egg white, beaten

Instructions

1. Drain the lychees, reserving the syrup. Puree the lychees with 1/4 cup reserved syrup in a blender or food processor until smooth, about 20 seconds, Pour through a sieve, scraping with a whisk or wooden spoon to push as much of the fruit through as you can. Set aside.
 2. Combine the sugar and water in a small saucepan and place over low heat. Stir until the sugar dissolves completely. Raise heat and boil the syrup 1 minute. Remove from the heat.
 3. In a medium mixing bowl lightly beat the egg whites with a whisk or an electric beater until foamy, about 10 seconds. Slowly beat in the hot sugar syrup. Continue to beat until the meringue cools down slightly. Add the lychee puree. Cover and refrigerate until cold or overnight. The mixture will have foam on top, but will incorporate into the sorbet when it freezes.
 4. Stir the chilled mixture, then freeze in your ice cream machine according to the manufactures instructions. When finished, the sorbet will be soft but ready to eat. For
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firmer sorbet transfer to a freezer safe container, and freeze at least 2 hours.