

## Lovely Lavender Sorbet

De-light version:

### Ingredients

3 C water

$\frac{3}{4}$  sugar

9-10 stem heads of fresh lavender flowers  
(or about 2 tablespoons of dried lavender)

1 T fresh lemon juice

### Procedure:

1. If using fresh lavender, with thumb and forefinger, pull the flowers from the stems (and discard the stems). Skip this if you're dried lavender.
2. Combine the lavender flowers and sugar in a food processor. Pulverize the lavender completely. This really refines the sugar and it mixes the lavender throughout the sugar. This should take about a minute.
3. Meanwhile, bring the water to a boil. Add the lavender-sugar mixture, stir to dissolve. Cover the pan, and let this steep for at least 30 minutes. This makes a lavender infused simple syrup.
4. Strain the simple syrup mixture – press the flowers to get out any remaining liquid.
5. Refrigerate until really cold (at least 2 hours, I let mine refrigerate overnight). Then freeze in sorbet or ice cream maker.

Don't have an ice cream maker? No worries. Pour the liquid into a pan, and stick in the freezer. About every half hour or so, give that pan a really good stir. As the mixture thickens and freezes, this will require more elbow grease.

## Lovely Lavender Sorbet (the full monty)

### Ingredients:

1 C + 2 T sugar  
2 ¼ C water  
1 T dried lavender blossoms  
1 T fresh lemon juice

### Procedure:

1. Combine sugar and water in a medium sauce pan. Add lavender. Bring the mixture to a boil. Remove from heat. Add the lemon juice and let cool. Strain the mixture and refrigerate until cold.
2. Churn in an ice cream maker.

No ice cream maker? No time to do the pan thing? Try this: put the syrup mixture into a pan and stick in the coldest part of the freezer. Let it start to freeze (about an hour or two) and after you see those crystals start to form, put it into a food processor and give it a couple of good pulses. Work quickly though, because you don't want this stuff to melt too much. Put the mix back in the freezer. Repeat the process in about two hours and again in about two hours. This will break up the ice crystals and make a scoopable sorbet.