

Ginger-Peach Sorbet

Source: Casual Cuisines of the World - Far East Cafe

Ice cream's origin has been traced to the ancient Chinese, who mixed ice with sweets, thus inventing water ices, the precursors to modern-day ice creams.

INGREDIENTS:

4 ripe peaches, peeled/pitted/cut into chunks
2 TBS fresh lime juice
2 TBS sugar
1 egg white
4 pieces sweet stem ginger in syrup or crystallized ginger, chopped

DIRECTIONS:

In food processor fitted with a metal blade, combine peaches, lime juice + sugar - process to a smooth puree. Pour puree into shallow metal pan. Place pan in freezer and freeze till edges are firm and center is soft (about 2 hours).

In large bowl, beat egg white till almost stiff - set aside. Return semi-frozen peach purée to the food processor and process till frothy (about 30 seconds). Add ginger + egg white to processor - using on-off pulses, process just long enough to blend in (3-5 seconds).

Pour mixture into freezer container, cover tightly and place in freezer till firm but not frozen solid (1-2 hours). If it freezes solid, allow it to soften about 30 minutes in refrigerator before serving.

Makes about 3 cups - serves 4

Nutrition Facts: **Calories:** 121 **Fat:** 0g **Carbohydrates:** 30g **Cholesterol:** 0mg **Sodium:** 22mg
Protein: 2g **Fiber:** 2g **%Cal. from Fat:** 0% **%Cal. from Carbs:** 99%