



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: Cucumber

Cucumber Mint Sorbet

Ingredients:

3 cucumbers
1 lime, juiced
1 cup sugar
10 sprigs mint
1 egg white
½ cup water

Directions:

Make a simple syrup by bringing the sugar, water, and mint to a slight boil. Keep the mixture at a low boil until the sugar has dissolved and the mixture has thickened. Allow to cool completely. Remove the sprigs of mint, squeezing out any excess syrup. Remove the seeds and peel the skin from the cucumber if you are looking for a smoother sorbet. I don't mind the tiny bits so I leave the seeds in and the peel adds nice color. Not to mention the added health benefit. Cut the cucumber into chunks. Place the cooled syrup, cucumber chunks, lime juice, and egg white in a blender, blending until smooth. Freeze for two hours, removing every half hour to blend with a submersion blender. Freeze for another two hours or overnight.