

FRUITS' SORBET

Ingredients for 4 people

4 dl of fresh fruit juice

3 dl of water

130 grams of sugar

lemon huice

albumen of an egg

icing sugar

total calories (about)

100

Preparation

Melt the sugar in the water to make syrup.

Make it cool down

Add the fruit and lemon juice to the syrup. Stir it carefully and pour it in tubs for ice, the one without dividers. Lay them in the freezer for about 3 hours turning over and over the sorbet every once in a while.

Beat the albumen with the icing sugar in a casserole that lays on a pat where some water is boiling.

After a while turn off the gas and keep on beating till obtaining a rather dense mixture.. let it cool down.

When the sorbet starts freezing, take it from the freezer. Add the mixture with the albumen, stir well and put it back in the freezer till it is completely frozen. Serve in 4 cold tubs or in flute for sparkling wine.