

## **Recipe**

### ***Meyer Lemon-Buttermilk Sherbet ( no machine needed )***

#### ***Ingredients***

1 qt. buttermilk

1 pt. heavy cream

1/3 cup fresh squeezed Meyer lemon juice & zest (3- 4 lemons)

3/4 cup granulated sugar

1 tsp. vanilla

1/2 tsp. salt

#### ***Directions***

- First zest the lemons to be squeezed with a zester, microplane or smallest grate on a cheese grater by scraping only the thin layer of yellow outer skin. Don't go deeper into the white pithy part, as it has a bitter unsavory flavor.
- Add the zest to a large mixing bowl.
- Then squeeze/juice the Meyer lemons to make 1/3 cup juice. ( Strain off any seeds. )
- Add the lemon juice to the zest in the large mixing bowl.
- Next add the rest of the ingredients and combine with a wire whisk until well blended.
- Transfer the liquid to a 2 qt. plastic storage container with a tight lid.
- Place the container in the freezer on a flat surface and set a timer for 1 hour.
- When the time has lapsed, remove the lid and mix with a wire whisk, and place the container back on the flat surface in the freezer. Set the timer for



another hour and repeat until the cream has thickened and allow to set until fully frozen. ( Might need to stir 3 - 5 times. )

- When fully frozen use an ice cream scoop to serve into chilled bowls.

### ***Chef's Notes***

*This is my Grand Mama's and Aunt Lee's recipe. We're not sure of the origin or how many times it's been passed down. I discovered this recipe while my Aunt Lee who lived in Tennessee was visiting my parents in their home in Maui, and I was visiting as well. Their yard had a Meyer lemon tree producing fruit at the time, so Aunt Lee got straight to work. I was shocked by how easy this recipe was, and while it is not a true Sherbet, it certainly tastes like one. Later while serving this recipe while I was a chef at a famous Atlanta, Ga. restaurant, I served it to former President Jimmy Carter, and he loved it. He even asked me about the recipe. My Grand Mama and Aunt Lee would have been so proud.*

*While Meyer lemons add a specific unique flavor to the Sherbet, substituting both standard lemons or limes works quite well.*

