

## Hawaii Mountain Apple Sorbet

Level: Easy      Prep Time: 15 minutes + Overnight  
Serves: 4      Cooking Time: 10 minutes



- 7 large Hawaii mountain apples (see Notes)
- 1 cup water
- 1 Tbsp. fresh lemon juice
- 3 Tbsp. (or more) white granulated sugar (see Notes)

Wash outside of Hawaii mountain apples with tap water until clean and gently wipe dry with a paper towel. Cut apples in half (like how you would cut an avocado), then remove and discard apple cores. Thinly slice apples and place in a medium saucepan. Add 1 cup water, 1 Tbsp. lemon juice, and 3 Tbsp. sugar. Stir. Bring to a boil over medium heat, and cook for 5 to 10 minutes, until apples are soft. Take off heat source and let cool.

Place cooled apple mixture in a food processor or blender and process until smooth. Press apple puree through a fine mesh sieve to get rid of lumps. Transfer puree to a freezer safe container. Cover and freeze for 4 hours. Scoop frozen sorbet into a food processor or blender, and process again until smooth. Return to freezer safe container, cover, and freeze until firm, about 2 to 3 hours.

### Notes:

- Hawaii mountain apples have thin skins. Handle them gently to prevent bruising. Also, it is best to use apples that are freshly picked within one to two days. The apples should emit a strong "rose" scent. Be aware, the red skins will also sometimes stain white clothing or white countertops.
- I used 3 Tbsp. of sugar for this batch of Hawaii mountain apples, but you may need to add more or less sugar, depending on how sweet and ripe your apples are. Carefully taste the apple mixture after boiling (it will be hot), and adjust sugar to your desired sweetness.

