LEMON & MINT SORBET

- 250g granulated sugar
- 450 mls of water
- 250mls fresh lemon / lime juice (about six lemons)
- Mint leaves

Make sugar syrup.

Juice some lemons (about six).

Mix sugar syrup, lemon juice and mint together.

Divide the mixture into a couple of small snap lock bags.

Place approximately four caps of ice in four separate large snap lock bags.

Add four tablespoons of rock salt to each bag of ice. Saltwater has a much lower (the freezing point is the temperature when something freezes) than freshwater does, and the more salt there is in it, the lower the freezing point gets.

Place the small bags (with the juice mixture) inside the bags with the ice.

Wrap the large bags with newspaper.

Pass the bags around, shaking as you go.

Collect the bags and open them up.

Take a spoon and enjoy.

SUGAR SYRUP

Combine 250g of sugar with 450mL of water in a saucepan.

Set it over a gentle heat and stir frequently until sugar has completely melted.

Bring to boil for 5 minutes or until you have light syrup.