

Melon and Mint Sorbet

Makes 8 (1/2 cup) servings

½ c.	Part-skim ricotta cheese
¼ c.	Sugar (add another tablespoon if your melon isn't sweet)
3 T.	Citrus-flavored vodka (plain vodka is okay)
8 oz.	Pureed honeydew melon (about 1 c. puree)
3 oz.	Local avocado (creamy, string-free variety), about 1/2 large avocado
3 sprigs	Mint, leaves only
3	Egg whites
1 T.	Sugar
½ tsp.	Unflavored gelatin
1 T.	Water

1. In a food processor, process ricotta cheese, vodka and 1/4 c. sugar until smooth. Add melon and avocado and process until smooth.
2. Add mint and pulse to chop. Transfer to a mixing bowl (make sure it's one that fits in the freezer). Freeze for 30 minutes, remove and whip for 2-3 minutes.
3. Repeat freezing and whipping process over the next 3 hours (6 times). You can continue for another hour or two if a finer grain is desired. Sprinkle gelatin over water and let sit 5 minutes.
4. Microwave 20-30 seconds, or until gelatin is dissolved.
5. Whip egg whites and 2 T. sugar to soft peaks.
6. Drizzle gelatin mixture into egg whites and mix to incorporate.
7. Beat melon mixture once more, mix in 1/3 of the whites. Gently fold in remaining whites and freeze solid.