

Peach & Thyme Sorbet with Candied Pecans



Author: Monika Topolko

Yields about 1 liter

Prep time: 20min

Cook time: 10min

Total time: 30min

Difficulty: Basic

Category: Mousses, creams & ice creams

This recipe is a variation of nectarine sorbet from David Lebovitz's *The Perfect Scoop*. You can skip the thyme all together, but I do recommend you throw in a couple of springs. It really gives the sorbet a nice depth of flavor. The candied pecans are just a serving suggestion, so you can leave them out as well. The recipe yields quite a lot of pecans but they store really well and make a great snack. You can substitute pecans with any other nuts you like.

Peach & Thyme Sorbet

Ingredients

7 medium-sized ripe peaches, peeled and pitted
160ml water
4 thyme springs
150g sugar
2 tablespoons lemon juice

Directions

Cut the peaches into medium dice pieces. Place in a medium saucepan with the water and cover. Cook over medium heat, stirring occasionally and checking until they are soft – about ten minutes. Remove the saucepan from the heat and add the sugar and thyme springs. Stir and allow the thyme to steep for 5-10 minutes, depending on your taste. It's best to taste and adjust the timing to your own tastes. Remove the thyme springs (don't worry if any of the leaves are still floating around - they will be puréed anyway). Allow to cool to room temperature. Pour the contents into a blender and purée until smooth. Stir in the the lemon juice and chill completely in your refrigerator, then churn in your ice cream maker. If you don't have an ice cream machine, transfer the chilled puree into a freezer friendly plastic or metal bowl, cover with a lid or cling film, and put it in the freezer. For the next 3 hours, check the sorbet every 30 minutes and stir vigorously to break up any ice crystals. It's best to use a sturdy whisk or a spatula. Then leave it in the freezer until completely frozen and serve.

Candied Pecans

Ingredients

1 egg white
1 tablespoon water
240g pecans
60g white sugar
60g brown sugar
1/2 teaspoon salt

1 teaspoon cinnamon

1/4 teaspoon nutmeg

Directions

Preheat the oven to 150°C. Line a baking sheet with parchment paper.

Whip together the egg white and water until frothy. Add pecans and mix them in until they are all evenly coated. In a separate bowl, combine the sugars, salt, cinnamon and nutmeg. Dump the mixture onto the pecans and mix thoroughly until pecans are all evenly covered. Spread evenly onto the lined baking sheet. Bake for 30 minutes. Stir once halfway through. Let cool completely and break apart any pieces that have stuck together. Store in an airtight container.