

This book is dedicated to the memory of
James Howe Weir M.D. and Maule Ramsey Liddell F.R.C.S.
Exceptional Fathers

And also to
Nathaniel, Rebecca, Arabella, Alexander, James, Ethan & Lucy
Exceptional Grandchildren

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Author's Note: The use of uncooked eggs does not occur in this book. However for those people who wish to carry on the practice of adding
whisked egg whites to lighten the mix, we would suggest they use pasteurised egg whites, powdered or liquid. This is because it can be difficult
to guarantee the safety of raw eggs.

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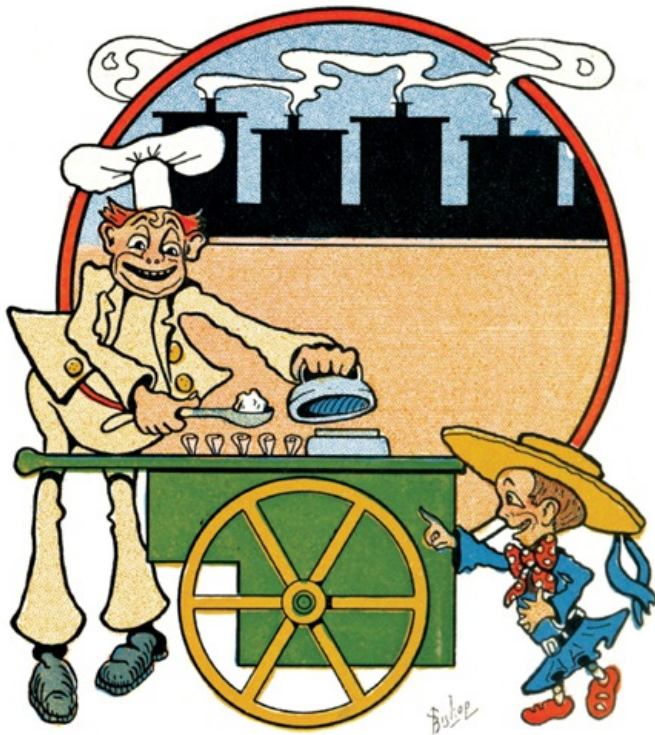
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There is a man that sells ice cream
In little curley waffles
He always says "To me, it seems
Your appetite is awful"

Introduction

Here, fifteen years after the publication of our first book, is a new, up-dated, expanded version, even more definitive. When told of our intention to do a second edition a friend remarked "Are you sure there is any more to say that is worth saying?"™ This had the effect of putting us on our mettle. The final judgement lies with you, the reader, but we are sure we have not let you down with this book.

Since the publication of the first book research has gone on apace. We have acquired pictures, prints, general ephemera, artefacts, equipment and travelled; travel always turns up new approaches and ideas and sometimes new items for the vast collection we now own. In fact the dilemma has proved to be not what can we find to put in a new book, but, what we must leave out. The best way to sum up is to say that the history has been supplemented with additional recent research, basic recipes have remained, but completely new sections have been added on gelato and lollipops/suckers and in addition the whole book sprinkled with more than 93 brand new recipes. Keen eyes will detect fresh pictures, photographs and bits of collected prose.

To those people who might object to buying a second book containing some of the material that appeared in the first we can only say that it proved impossible to construct a second book without the framework of the original. The cross referencing alone would have been labyrinthine.

But first, there is another, very serious matter that we have to deal with head-on. This is the problem of the rising level of obesity, particularly amongst children. This subject is always raised in interviews with the media. They have to be contentious to raise their ratings but with this problem they have a strong point. How dare we be so irresponsible as to publish a book on ices? However we think we can defend our ground, and we do it on two counts; content and volume. The large ice cream manufacturers continue to move in the opposite direction from public demand, supplying retailers, shops, cafes and restaurants, with an ever more foolproof product. Individually packaged ices apart, it is now common for "fresh"™ scooping ices served straight from the freezer in boxes designed to fit neatly into a refrigerated display where they sit. These even in the highest summer temperatures retain a perfect shape until dispensed, always perfectly malleable, never melting or dripping. This type of ice cream has become so much part of our lives now that we do not question it; it seems utterly normal. But we tell you, it is not. The technology involved in producing this kind of product beggars belief. Manufacturers will not reveal how much is spent on research, but we reckon that £50 million per annum is not far short of the mark. The basic ingredients of ice cream (milk, cream, sugar and egg) no longer go into the manufacture of ice cream in their natural form. And they are making money, a great deal of money. Mainly this is due to the fact that ice cream is bought by volume. So to maximise profit the manufacturers pump their ice cream full of air. You buy air, air is cheap, and hence they make a big profit.

Another factor is sugar. This is a cheap ingredient, so more than is necessary is put into ice cream. Now what do we have? A fully overblown, synthetic, over-sweet product that makes it perfectly possible to sit in front of the TV and eat a large, very large tub of the stuff.

What we are offering here is a chance to taste what ice cream really was and should be. And we have been amazed at the reactions of people, from the young through to food specialists who say "this is amazing. Why isn't it bought ice cream like this? Why doesn't someone market this?"™

Ice cream is basically a simple product; whole milk, sugar and cornflour make a very acceptable ice cream. You can add creams of various

types and eggs, but these are not obligatory. And that is it. With the home-made product there are no additives, emulsifiers or stabilisers. It is simple to make and a fraction of the cost. Most importantly, because it is a denser (heavier) product, it is impossible to eat more than 3 scoops of quality ice cream at one sitting. This would give an average serving of about 350 calories.

We have always taken a keen interest in research into diets and dietary habits. It is fascinating to note that there have been no reports of binge eating of quality products such as premium ice cream or its close partner, real chocolate. Over-consumption appears always to focus on the cheaper (dare one say, "junk"™) end of the market. Quality ices and chocolate using the real ingredients and not cheaper, chemical, "nature identical"™ products are simply too satisfying to eat in large quantities.

Tastes change as time moves on, but we still believe firmly in our original approach. Firstly, that a given ice cream recipe should stand alone as a good, individual, well-balanced ice. Secondly, that the ingredients are improved by being in combination. For example; strawberries and cream would seem like an unbeatable combination, and indeed home-made strawberry ice cream is a knockout.

Our third consideration is; would I want to make this recipe again?

Having said that ice cream is basically a simple product, it is important to add that the inherent ratios of the few ingredients are complex and fixed and if you disregard these you will simply render perfectly sound ingredients inedible. Sadly, we have come across a large number of recipes for all sorts of ices that do not work, the chief purveyor of these recipes being the internet.

Bending the rules does not work either. Unfortunately lowfat products and sugar substitutes do not make an even passable ice cream. Other ingredients such as rice, oat and wheat milks all sound like wonderful options, but they do not have the fat solids to make what we think is a passable ice cream. (Although one soya milk based ice did manage to squeeze in under the wire.) What do we mean by passable? Well, not any of the following: variously, rock hard or melted, ice crystals in a milk substrate, unpleasantly granular or plain slimy to eat. So although a recipe for a lolly/sucker made with lowfat yoghurt, minimal sugar and chopped fresh fruit sounds ideal, trust us, it is bordering on unpleasant to eat.

So even if the history, physics and chemistry bore you to tears, or you are concerned about your or your children's diet, by dint of our labours you have in your hands a book of reliable recipes that will produce the best ice cream and ices you will ever eat and you can do so with some peace of mind.

Taking a lunch break while writing this we learn that Unilever are planning a lowfat ice cream using fermented G.M. yeast. We rest our case.

Caroline and Robin, London 2010

The Myths

In order to keep the history of ices clear, we have taken the perhaps unorthodox approach of first listing the myths associated with this subject. It also serves to highlight the inaccuracies that get trotted out at the mere mention of ice cream. It is very disappointing that these go on being repeated and show no signs of diminishing and in fact are multiplying, thanks to hundreds of web sites. People seem reluctant to let go of these more romantic flights of fancy in the face of the sterner facts: some have vested interests in the myths and will dispute the most solid evidence to protect their business interests. Some see it as impugning their national pride.

The following stories cannot be substantiated, even by extensive research. Some are plain wrong as they do not fit with other bona fide historical dates and facts, and some were just made up.

EMPEROR NERO (A.D. 37-68)

This is one of our favourite myths. Evidence does exist that the Romans used ice and snow from the mountains to pack around and so chill glasses of liquid. No evidence exists to confirm that the Emperor Nero sent his slaves up the mountains and if they did not return with ice they were boiled in oil! Nor did he add the ice to liquids to produce the first sorbet or ice cream. Practicality would suggest that speed was of the utmost importance and snow or ice would probably be gathered where the slaves first came across it, on the lower slopes. The lower the levels on which snow was gathered, the more likely it was to be impure. The Romans knew this and never put ice in their drinks.

The myth is popular on the internet and continues to be repeated. Regrettably historic information on the internet has no editing so this type of information continues to be repeated by people who should know better. We even found this one on the web site of the dairy department of one of the leading US universities.

MARCO POLO (1254-1324)

This is a big one. Nowadays more than a few eminent sinologists doubt that Marco Polo ever made those extraordinary journeys. There is a strong body of opinion that thinks Marco Polo never actually got to China and that his accounts were mainly plagiarised from those of other merchants and traders which he read whilst in jail in Persia. Doubt is founded on four points; his failure as a merchant/trader to mention paper money, bound feet, tea drinking and The Great Wall of China. In addition there is no mention in any Chinese records of his visits. In a closed society like China in the 1500s the arrival of a startlingly dark foreigner would surely have excited considerable curiosity. Then there is the straightforward fact that nowhere in his memoirs is there a mention of ices, ice cream, or any food like ice cream.

CATHERINE DE MEDICI (1519-1589)

The story goes that Catherine de Medici took the knowledge of ice-cream making with her entourage to France when she married Henri, Duc d'Orléans, heir to the French throne, in 1533. There is no pictorial or documentary evidence of this whatsoever. The origin of this so far has been traced back to one particular individual, Abraham Hayward Q.C. who published the fairy tale in his book *The Art of Dining*, 1853, which was not widely read. The damage was done when it was taken up by Mrs Isabella Beeton who repeated it in her book, *Household Management*, in 1861. This was a very popular book that reached a wide audience for at least a decade. It was also clearly reported in *Le Glacier Classique et Artistique* (1893) by Pierre Lacam & Antoine Charabot which was arguably one of the most influential books used by the ice-cream makers and confectioners in France in the 18th and 19th centuries. This is typical of the awful momentum such historical inaccuracies can achieve.

BARTOLOMEO SCAPPI (1500-1577)

Bartolomeo Scappi published his great cookery book in 1570, covering almost half a century of traditional and innovative gastronomy. He was pioneering imaginative uses of dairy products, and light and fragrant desserts, but nowhere in the entire book is there any mention of ice creams or sorbetti.

A recent Italian publication and numerous sites on the Italian internet credit him with the invention of a fruit sorbet. This recent myth is based on a fundamental misunderstanding of 16th and 17th century Italian.

The words concerned are *gelo* and *congelare*. In Book VI, recipe 203 is for a dish *Per accommodar marasche in gelo*, "To serve cherries in jelly". The recipe is for sour or sweet cherries, or damsons. Freshly picked fruit is made up into bundles of ten, tying the stems together, and put into a pan with a little water, then powdered sugar is added, and the fruit are cooked slowly until the colour runs out, and a syrup is formed, which is tested until setting point is reached. Each bundle of cherries is put into a glass and the syrup poured over, then put into a cool place to set, *in loco fresco a congelare*.

When Scappi wrote his "Opera" the meaning of *gelo* was jelly, and the verb *congelare* meant to set, or coagulate, or solidify. Once the technique of freezing a liquid in a mixture of salt or saltpetre and ice had been arrived at, in the 17th century, the terms *gelo* and *congelare* took on the meanings we recognise today.

There were no sorbetti or ices in Scappi's time. A close look at the illustrations in his book confirms this. In the space allotted to milk products there is an image of a man making *neve*, snow, which is what we would call a syllabub, a snow-like froth, not the compressed snow, or ice, used a century later to cool wine or food.

If Scappi used ice or snow he did not include this in his illustrations; there is no indication that ice, its storage and containers, were part of his kitchen equipment. However we do see clearly what he meant by *gelo*, a jelly bag suspended over a bowl from a tripod, with the label *si passa gielo*, "here jelly is strained".

We are indebted to Gillian Riley and Ivan Day for helping to destroy this myth and anyone who has any doubts should refer to Scappi's book or the recent translation into English by Terence Scully (University of Toronto Press, 2008).

This misinterpretation needs to be exposed before it enters the realm of dubious but hard to kill myths.

BUONTALENTI (c 1530-1608)

Buontalenti was the architect of the Belvedere in Florence as well as the impresario of waterworks and hydraulic entertainment for the Medici at feasts and festivals. He obtained a monopoly from Grand Duke Ferdinand I for the building of ice houses in and around Florence and the supply of snow and ice to the people of Florence. His monopoly lasted until his death in 1608. For some people this is irrefutable evidence that he “invented” ice cream. There is no evidence to support this.

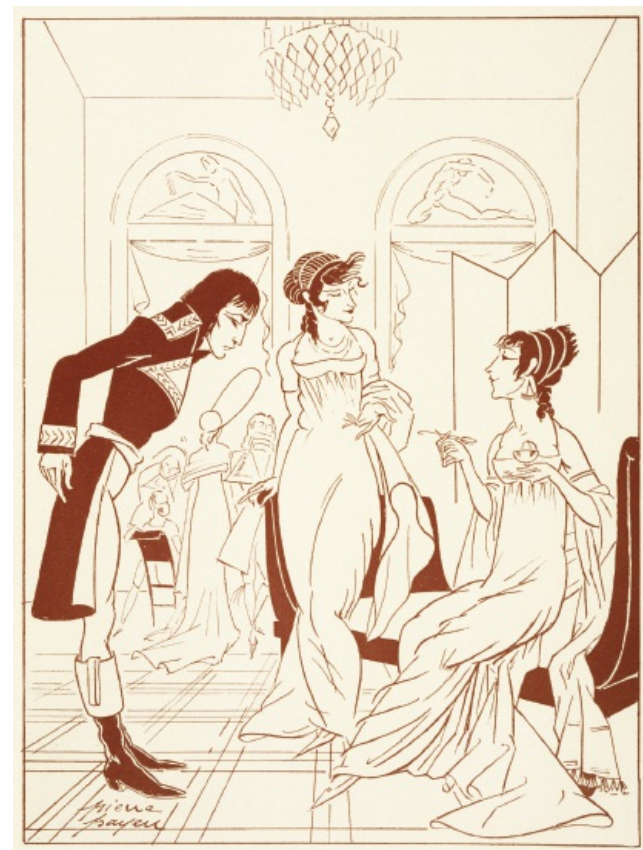
There is a company in Florence that has registered the name of Buontalenti as a gelato. Once secured, they attempted to restrict other ice-cream makers using this name. The other ice-cream makers skirted the trade mark by selling their ice cream as Buon Talenti ice cream. We have asked a number of them for any evidence of Buontalenti inventing an ice or even why it is called a Buon Talenti gelato and received blank stares or a reply “because I say so”.

The modern gelato Buon Talenti or Buontalenti tastes as if flavoured with Amaretto (an almond flavoured liqueur.)

KING CHARLES I

Stories abound concerning Charles I having an ice-cream maker and that this ice-cream maker was made to swear that he would not divulge the secret of how it was made in return for a lifelong pension. We have found at least ten different names for him in various books and articles where this is published as fact. Some have added further flourishes; that the ice-cream maker did not stick to his end of the bargain and sold the secret and for this was beheaded. If such a man had existed the dates for these records would be around 1625 to 1649.

We consulted the late Professor Felix Aylmer, who was Master of St Peter’s College in Oxford and the world’s leading authority on the servants of Charles I. He was unable to find any reference whatsoever to this elusive ice-cream maker under any one of the ten names so frequently trotted out, or any lifelong pension awarded to any of the king’s servants. Also it is worth noting that the principle of putting salts on ice to depress the freezing point of the ice (necessary to make ice cream) was unknown in Europe until 1530 and even then, was not used other than in scientific journals and in scientific demonstrations for cooling water. The first ice creams do not appear in Europe until the 1650s.



NAPOLEON AND JOSEPHINE MET IN TORTONI’S CAFÉ IN PARIS WHILE JOSEPHINE WAS ENJOYING A SORBET.

The print (above) seems to have started this recent myth. How we wish it was true as it would be a great story.

The story goes that the first meeting of Napoleon and Josephine was in the famous Parisian café Tortoni (formerly called Velloni’s). Unfortunately this is just a recent addition to the many myths of where Josephine actually first met Napoleon. There is no evidence whatsoever in any of the various biographies of either Napoleon or Josephine meeting in Tortoni’s café, famous as it was for ices.

BALS & SOIRÉES

GLACES

et rafraichissements

PLOMBIÈRES
LIMONADE
PUNCHS.

VINS DE
BORDEAUX RHIN
CHAMPAGNE &
BOURGOGNE.

CARRE DE L'EMPEREUR

F. Le Delier Successeur de F. Peeters

ANVERS

Monsieur,

Par l'honneur de votre amitié qui se référant les affaires
de mon beau père, F. Peeters je suis fort honoré d'une des lettres
principales de son commerce, savoir la livraison des légumes pour bûles
et salades, ainsi que la fourniture de toutes espèces de Glaces
mentres en men.

Tous mes vœux, particulièrement de faire
avec une surveillance spéciale et s'employant à leur perfection que
les expéditions de 18⁷⁸ soit je puis répondre de leur qualité.

Ma promesse pour bûles et salades répondra suffisamment de la
promptitude des arrivées, j'espère que tous mes vœux tendront à améliorer
la compétence dont vous avez si longtemps honoré mon prédécesseur.

Quant à mes prix ils sont aussi modérés que possible.

Dans l'espoir d'être favorisé de vos visites je vous prie d'agréer
mes salutations respectueuses.

F. Le Delier.

SIROPS
D'ORGEAT
DE GROSEILLES
DE FRAMBOISES

PUNCH
A LA ROMAINE
GLACES MOULEES

Origins & History

circa 300 The endothermic effect of salt on ice was first noticed and recorded in the 4th century Indian poem *Pancatantra* where a verse says water can only become really cold if it contains salt. In India and Egypt it was the ancient custom to chill water at night by evaporation. This was done by setting flat porous vessels, containing a saline solution, in layers of straw in shallow pits. A further pot of fresh water was put in the saline solution and the evaporation of the saline solution had a chilling effect on the fresh water.

618-907 The first piece of real evidence originates in China. During the T'ang period (AD 618-907) various dairy products were made using mare's milk as well as that of water buffalo, cow and goat. One of these, a refreshingly cool dish, was made during the hot summer months and is possibly one of the earliest iced-milk products recorded. Kumis was used, which was mixed with flour and camphor and then "refrigerated", exactly how is not known, it could have been as simple as being put outside during freezing nights, before being served.

THE ENDOTHERMIC EFFECT OF SALT ON ICE

This often confuses people. To put it very simply; ice cubes added to a glass of water will lower the temperature of the water as the ice cubes dissolve. If the glass of water is put in a bowl containing mixed ice and salt the temperatures of the ice and salt will drop and cause the water in the glass to freeze by the process of conduction.

It is possible under laboratory conditions to reduce the temperature of salt and ice to about -21°C/-6°F. Anything stored in or around it will become frozen by a process of conduction. This is the original basis for the freezing of ices.

When making ice cream with salt and ice, temperatures of -16°C/-3°F are normally achieved in the domestic kitchen.

(Note: People always ask, "then why is salt put on frozen roads?" Imagine a bowl of ice cubes; if salt is sprinkled on the ice cubes, they will melt but the temperature will continue to drop resulting in a mixture of water and ice cubes at below freezing point but not frozen solid. Having reduced the solid ice on the road to slush and water, even though the winter temperature may be falling, the highways department has increased the traction for traffic by getting rid of the slippery ice.

However they do not bother to do this on the roads in Scandinavia and Canada when the temperature approaches -21°C/-6°F as it is too cold for the process to work. They use sand instead.)

King Tang of Shang, founder of the Dynasty, had a staff of 2,271 people attending to food and wine in his palace, among them a reported "94 ice men", whose precise duties were not recorded.

Kumis is a type of fermented milk, usually mare's, still made today in Central Asia and Mongolia. Heated and fermented, it has an alcohol content of up to about 2%. Nowadays it is sometimes referred to as "milk champagne" due to the fizziness of the fermented milk.

711-1492 The place and date for the crucial discovery of the endothermic effect of salt on ice is unknown. Joseph Needham, in his monumental work *Science and Civilisation in China*, (1976), thinks it is unlikely that the refrigeration effect of salt solutions was a European discovery, but that it reached Europe from the East via the Arabs and Moors during their time in Spain (AD 711-1492).

1127-1206 One of the earliest pieces of documentary evidence concerning an iced dairy product (as opposed to just iced water) also comes from China, in a description of frozen milk by the Sung poet Yang Wanli (1127-1206).

It looks so greasy but still has a crisp texture.

It appears congealed and yet it seems to float,

Like jade, it breaks at the bottom of the dish;

As with snow, it melts in the light of the sun.

**TRANSLATION BY RODERICK WHITFIELD,
PROFESSOR OF EAST ASIAN ART AT THE UNIVERSITY OF LONDON
AND HEAD OF THE PERCIVAL DAVID FOUNDATION.**

1230-1270 The first known technical description of making ice comes from the great Arab historian of medicine, Ibn Abu Usaybi'a (AD 1230-1270) in his *Kitab Uyun al-anba fi tabaqat-al-atibba* (Book of Sources of Information on the Classes of Physicians) in which he mentions making artificial snow and ice from cold water and saltpetre. Ibn Abu Usaybi'a attributes the process to an even older author, Ibn Bakhtawayhi, of whom nothing is known.

1300s There is further evidence of an ice cream being served at the Mogul Court during the Yuan period in the 14th century.

1530 First European record of the endothermic effect when the Italian physician Marco Antonio Zimara of Padua writes of the use of nitre to chill liquids in his *Problemata*.

1530 Bernardo Buontalenti builds ice houses in Florence for the Medici, where ice is in common use, but ice cream has yet to be invented. A myth exploded.

1533 Catherine de Medici marries the future Henri II of France but does not introduce ice cream, then unknown, to France. Another myth disposed of.

1550 The Spanish physician in Rome, Blasius Villafranca, in his treatise, *Methodus refrigerandi ex Vocato Salenitro Vinum ac potus quovadis aliud Genus*, describes the cooling of water by the addition of saltpetre.

1561-1626 Francis Bacon gave several formulae for salt mixtures and reducing temperatures.

1571 Nicol s Monardes s *Libro de la Nieve* published in Seville discusses the medicinal uses of chilled drinks.

1589 Giambattista della Porta in Naples writes his *Magnus Naturalis* of experiments in freezing, not just chilling wine in a mixture of nitre and snow. Was this an early *sorbetto*?

1619 & 1622 Ice pits dug at Greenwich and at Hampton Court, for James I.

1620s Antonio Frugoli of Lucca describes in *Pratica e Scalcaria* a mountain or pyramid of fruit in ice displayed during a banquet in Rome.

1644 The Jesuit Cabeus stated that 35 parts of saltpetre added to 100 parts of water, agitated vigorously, would cause freezing. Note: A colossal amount of saltpetre. One third of this amount of ammonium nitrate and water gives a temperature drop from 4 C to -15 C.

1657 Leopoldo (1617-1675) and his brother Fedinando II de Medici (1610-1670) started the Accademia del Cimento in 1657 in Florence, whose scientific experiments into freezing included flavoured water ices.

During this time they conducted all sorts of experiments, including freezing liquids in containers  like those used to freeze *sorbetti* in the summer . They used silver containers to freeze the liquids and when the liquid quite naturally expanded in the silver containers, they could not remove the frozen liquids. To deal with the expansion of the liquids as they froze, they then made silver globes that opened and closed in the middle. (The same way as bombe moulds developed.) They also did experiments with *acqua lanfra* (orange flower water) rose water, strawberry water, cinnamon and Chianti. Meticulous records were kept and later published in the 19th century.

1660 In Paris, on or around 1660, Audiger records making ices of an unspecified variety for the young King Louis XIV. He was probably the first in France to make ices but there is some disagreement about the exact dates as Audiger, in his later memoirs in 1692, uses conflicting dates.

It is important to understand that the first ices available from the mid 17th century were enjoyed by very few people and very infrequently.

Ices were a great luxury and really only available to monarchs and wealthy aristocrats who had a confectioner who knew the secrets of making ices and a supply of ice, either from their own ice house or imported.

In October 1660, Walford records in *London Old and New* that an ice house was built in Upper St James s Park (now known as Green Park), for the royal family.



PAINTING BY FERNANDO DI ROBERTO ROBERTI (1786 - 1837) OF A SORBETTO SELLER OUTSIDE CASTEL NUOVO, NAPLES CIRCA 1830.

1660s Water ices first appeared in Paris, Naples, Florence and Spain, thus putting another nail in the coffin of the mythology of Catherine de Medici bringing ices to France, as this was over a century after her marriage. These early ices were known as *eaux glac es*, *acqua gelate* or *eaux d  Italie*.

L. Audiger, confectioner and *limonadier*, works in Rome, Venice and Florence to perfect his skills, and ends up freelance in Paris making *eaux glac es*, water ices, for the nobility, as well as fruit cordials and drinks.

1661 Venantio Mattei describes pyramids of ice and fruit at festivities in Florence celebrating the marriage of Princess Margu rite-Louise to Cosimo de Medici.

1671-2 The first documented reference so far discovered of ices being served in England is in a description by Elias Ashmole in *History of the Noble Order of the Garter*, published in 1672, during the reign of Charles II. Here there is a list of the food served at the Feast of St George in St Georges Hall in Windsor Castle, on 28 and 29 May 1671. The only table to be favoured with the serving of ices was the King s with  One plate of white strawberries and one plate of Ice Cream  on both the eve of the feast day and at the feast day dinner. He would most probably have had the large number of servants who surrounded his table take portions of some of the food to his special favourites among the guests.

1674 In France the earliest written recipe for a water ice was in Sieur dâ€™™s (Elizabeth David questioned if he actually was the author) *Recueil de Curiositez Rares et Nouvelles des Plus Admirable Effets de la Nature* published in Paris in 1674. An English translation was published in London in 1685 under the title *Modern Curiosities of Art and Nature*.

1680 L. Audiger served *eaux glacées* at a ball given at Chantilly by the Prince de Conté for the Dauphin and his bride.

1686 A Sicilian, Francesco Procopio dei Coltelli established a café directly opposite the newly opened Comédie Française, in the street then known as the rue des Fossés-St.-Germain, but renamed the rue de l’Ancienne Comédie. Because of its location, the Café de Procope became the gathering place of many noted French actors, authors, dramatists and musicians of the eighteenth century. Voltaire was a regular patron as well as Rousseau, author and philosopher; Beaumarchais, dramatist and financier and Diderot. Though described as Le Glacier Français Procope we have found no evidence that Procope invented a mechanical ice-cream making machine and Elizabeth David thought it unlikely that he was selling ices at this point.

1688 *The London Gazette* of 20th September 1688, tells of a banquet in Stockholm to celebrate the birth of James Francis Edward, Prince of Wales, son of James II and Queen Mary, at which iced creams were served.

1691 In France François Massialot published 11 recipes for sorbet in his book *Nouvelle Instruction pour les Confitures, les Liqueurs et les Fruits* and in 1702 an English edition was published called *The Court and County Cook*. It was from this book that Elizabeth David thinks that English confectioners learned how to make ices.

1692 Audiger publishes *La Maison Réglée* in Paris. It contains the first mention of “stirring” ices during the freezing process.

1694 Antonio Latini published recipes for nine sorbetti in *Lo Scalco alla Moderna*.

Around this time moulds for ices first appeared in Naples as did ices made with a scalded and sweetened milk base. These specialities were partially frozen then transferred to fancy metal moulds for their final freezing.

1695 The first booklet exclusively of recipes for sorbetti was published in Naples in about 1695. This booklet, first mentioned by Elizabeth David in 1994, disappeared after her death. Over 9 years searching failed to produce another copy in any library or antiquarian book dealers list or her original copy. However in a most extraordinary coincidence at an auction sale of some of her books we found and purchased a photocopy of this little leaflet that she had stuck into the back of a book on ice cream. A copy of the booklet has since appeared in a library in Switzerland.



This photocopy was one of the most exciting things we have ever found. There is no author and no publisher, and only the address. “Sold by Cristofaro Migliaccio in the street of booksellers next to the Church of San Liguoro” in Naples. It is 12 pages and about 13cm (5 in) × 10cm (4 in). (This is the same bookseller/publisher who published the 2nd edition of Corrado’s book. See page 19. It has no price on it and appears to have been supplied to professional sorbetti makers and confectioners when they purchased a sorbettiere.)

OFFICE

There is no satisfactory translation into English of the French word “office”. Usually historians translate it as the pantry, or stillroom, neither of which is correct because they do not adequately describe the work that was carried out in the office.

Renaissance cookery caused salt to become an ingredient of major prominence. Previously sweetness had become a feature of every dish including those dishes we would now consider savoury.

It was not until the 1700s, in France that sweet dishes almost exclusively became the dessert course.

Barbara Ketcham Wheaton in her book (*Savouring the Past*, 1983) explains how sugar created a split in responsibilities in the household so that the cuisine became responsible for the main courses of a meal, and the office responsible for the ever expanding empire of complex dessert dishes and ices, which also included the preservation of fruits, the flowers and the elaborate decoration of tables with sugar sculpture.

Sugar sculpture was, by the middle of the 18th century, being replaced by white porcelain figures (Meissen, Sèvres etc) as these figures had a much longer life and were stronger than fragile sugar.

This emphasis on desserts created the occupation of confectioners who were in great demand by royalty as well as aristocratic and very wealthy households. The confectioner occupied a unique role in many households in that not only did he produce desserts and sugar sculpture for the table but he was also responsible for floral decoration and most importantly he reported to the lady of the household rather than the master. This made his role quite separate from the chef or cook or the serving staff. This was reflected in his high salary and status below stairs.

The separate confectioner’s kitchen was frequently sited within the house for easy and decorous access by the lady of the house, whereas kitchens were normally built outside the house or were put in adjoining buildings because of the risk of fire.

A very good example of this is in Syon House, the Duke of Northumberland’s house, designed by Robert Adam, on the outskirts of London, where there is a confectionery kitchen in virtually its original condition. It is one of the best remaining confectioneries in England and is situated

almost underneath the original dining room, in the southwest corner of the main house, so the confectioner had daylight all day long for their intricate work.

This division of responsibilities continued until Georges Auguste Escoffier (1846-1935) abolished the centuries old division of the cuisine and the office.

Anyone interested in this split should read Barbara Wheaton as well as Roy Strong's book, *Feasts*.

In its 12 pages there are 23 highly sophisticated recipes (even by today's standards) for sorbetta (Neapolitan spelling) ices, starting with lemon sorbetta, then lemon sorbetta in moulds, (*pezzi*). "Sorbetta di latte manticato" rich milk sorbetto, this was before the days of calling ices gelato. "Imperiale Ammantecato", made with egg yolks and "Sorbetta d'Aurora" manteca, made with candied pumpkin and cinnamon water.

1697 Pope Innocent XII enjoys a *sorbetto* or two on a journey from Rome to Nettuno.

1700 By 1700 sugar was confined to the dessert course in France and this led to a split in household departments between *le cuisine* (kitchen) where non-sweet dishes were prepared and *L'office*, where dessert dishes, ices and confectionary were made. *L'office* was also responsible for the table setting and the decoration of the table including the elaborate sugar sculptures.

1700 The first record of ice cream in America we have found is in a letter written in 1700 by William Black, a guest of Thomas Bladen, Governor of Maryland. Black describes the dessert as being "no less curious; among the Rarities of which it is composed, was some fine Ice Cream which, with the Strawberries and milk, eat most Deliciously."

1714 On 28th August 1714, the new Austrian Ambassador to Rome, Giovanni Vincenz Galasso, gave a reception, concert and firework display in honour of Empress Elisabeth Christina of Austria.

Signor Dominico Tosi, Chief Steward to His Excellency had prepared the first "grand rifresco" to be distributed half way through the entertainment. This consisted of chilled drinks and ices. For the second part of the evening there was a huge hall facing the piazza lit by four giant crystal chandeliers under which were five tables.

The tables contained "piramidi di sorbetto di persico, di pappina, mandorle fresche e di cedriti che chiudean dentro la loro frutta scioppate". Pyramids of sorbetto flavoured with peach, papina, fresh almond and citron, moulded and filled with their own juices. The tables were covered with ice creams, sorbets and pyramids of ice.

On the top of the central table there was a large vase made of ice, coloured to look like alabaster holding a tree on which were attached 150 individually frozen, moulded fruits; these fruits were filled with their own juices. The "soil" in which the roots of the tree were planted in the faux alabaster ice urn was made from chocolate foam. The table was 84 palmi (approx 18m/60 feet) long and the trionfi on the top table (urn and tree) was 8 palmi (nearly 1.7 m /5½ ft) high.

The organiser was Signor Enrico Dienebier from Prague, the confectioner was an Englishman, Signor Arnaldo Ritfelt, and the geli (ices) from Michele Ansdei the Roman ice maker.

It is hard to imagine the splendour of this astonishing evening. This really was entertainment on a scale that is unknown today.

We recently discovered in Massey & Sons, *The Essence of Confectionery*, 1885 London, that to make ice urns that look like alabaster, you added milk to the water before freezing.

Massey also suggests in this book to make a Wenham Ice Stand you should take the block of imported American Wenham Lake ice "to the turners" who would "turn it into an elegant vase. The authors have had this done and it has a beautiful effect" (Can you imagine the face of the turner when presented with a block of ice to put on a lathe?)

1713-18 The first English cookery book to appear containing a recipe for ice cream was one entitled *Mrs Mary Eales Receipts* (1718). Mrs Eales claimed that she had been confectioner to her late Majesty Queen Anne. This was written some fifty years after the first recorded serving of ice cream. This claim seems unlikely, she probably was a supplier to Queen Anne because in those days they simply did not allow women in the Royal Palace kitchens. Her book was reprinted in 1733 and 1744.

1724 Antonio de Rossi, Venetian confectioner in Rome, produces a manuscript of recipes, including 156 ices of various kinds, and a recipe for "twisted wafers", possibly ice-cream cones.

1733 In 1733, Vincent La Chapelle, chief cook to the Duke of Chesterfield, published *The Modern Cook* and had the strange distinction of being the only French chef of the period to publish first in England and then in France. (His book was later published in French in 1735, 1736 and, with lengthy additions, in 1742.) *The Modern Cook* is significant in the history of ice cream for its descriptions of the elegant uses of ices and decorative moulds. He was the first author to suggest adding egg whites to ices. However, La Chapelle had plagiarised large parts of the book from François Massialot's *Le Cuisinier Royal et Bourgeois* published in 1691. In the 1742 edition of his book La Chapelle advises stirring the ice cream during freezing to alter the size of the ice crystals and regards the omission of this in the earlier editions as a serious deficiency. Stirring the mixture during freezing was originally suggested by Audiger. La Chapelle includes traditional recipes for ice cream without eggs and also, for the first time, with eggs.

The use of eggs in ice cream influences both the texture and taste. Early ice creams were literally frozen "iced cream" mixed with sugar, flavours and fruits. When eggs were added, the mixture became smoother and had a richer taste, more like a frozen custard. One of the advantages of adding eggs was that the amount of cream (a relatively expensive ingredient) could be reduced. English ice creams of the 18th century followed the traditional cream method and remained basic "iced cream".

French recipes of the early 18th century did not call for eggs or egg yolks, but when they started to appear in France around the middle of the 18th century they were called *fromages glacés* and egg yolks appeared as ingredients.



1742 Egg yolks in ice cream did not appear in England until the middle of the 18th century, probably influenced by the French.

Vincent La Chapelle, in the appendix on confectionery in the 1742 edition of his book, *Le Cuisinier Moderne*, mentions â€Cream-Cheese in Iceâ€™ called *fromage glac *, a cream ice formed in a mould. It contains two quarts of cream, sugar and two egg yolks. *Fromage glac * is not mentioned in the early French edition or the English edition.

Meanwhile in Italy there were some amazing recipes being printed. Vincenzo Corrado in *Il Credenziere de Buon Gusto*, 1778, lists many sorbetti including *sorbetti di latte allâ€™Inglese* (milk sorbetti English-style) which included butter, milk, cream and 12 egg yolks and was flavoured with a hint of cinnamon. He also has *sorbetto butirato*, (butter sorbet) a sorbetto containing butter, milk, and only 6 egg yolks and no cream. This lighter sorbetto is flavoured with cinnamon water and would have had a milder flavour.

Our favourite, and one we suggest anyone seriously interested in historic ices should try, is Vincenzo Corradoâ€™s recipe for *Candito dâ€™uova*, which contains an astonishing number of egg yolks and sugar syrup and flavouring, nothing else. Thirty egg yolks and 1.125 litres/4½ cups/36 fl oz sugar syrup and then flavoured with cinnamon. Amazingly the sugar syrup is almost exactly the same sugar syrup used today and that we use throughout the book, the same weight of sugar to water. (The recipe is on page 70). It is very rich and very sweet and is a real insight into what ices were like in Naples in the 17th and 18th centuries.

Corradoâ€™s recipe is an even richer edition of the *Candito dâ€™Ova tavolette* recipe from the small 1695 Neapolitan leaflet and this is almost certainly where the inspiration came from.

1744 Robert Boyle quotes in *The Works of the Honourable Robert Boyle*, Vol II 1744 a description given him by John Evelyn the diarist, of snow pits in Italy where beaten snow was stored.

While water ices continued to remain more popular among the French and Italians, the English clearly preferred ice creams.

1747 Hannah Glasseâ€™s *The Art of Cookery Made Plain and Easy*, first published in 1747 does not mention ice cream until the 1751 edition. The late Bill Stallings (in *Petits Propos Culinaires* No 3, Prospect Books) questioned if she ever made ice cream herself when she wrote this, or was just reporting what she had either seen or been told, due to the cursory nature of her description of the process. Despite being frequently quoted as an authority by future writers, her recipe is very brief and inaccurate so that the resulting ice cream would have turned out unevenly frozen and icy, if made according to her instructions.

1750 François Menonâ€™s *Le Science du Maître dâ€™H tel Confiseur* has recipes for water ices, cream ices and rich custard ices. There were to be many reprints.

1751 Joseph Gilliers, confectioner to ex-King Stanislaus of Poland who lived in Nancy in France, wrote what is the ultimate classic confectionery textbook, *Le Cannam liste Fran ais*. This gave explicit details of making all types of confectionery and the service of these extravagant courses.

circa 1758 Domineco Negri opens The Pot & Pineapple in Berkeley Square in London. Becomes the leading confectioner in London and ultimately through partnerships and changes in ownership becomes Gunter's.

1760 Hannah Glasse states â€get your ices from the confectionerâ€™ in the latest edition of her 1747 book.

1768 Emy, *Lâ€™Art de Bien Faire les Glaces dâ€™Office*, 1768 Paris, was the first book ever written exclusively on the subject of ices. This comprehensive book is a complete instruction manual to making ices and has over 85 recipes in it (see above). It is a very difficult and expensive book to find as few copies were printed. Nothing is known of who Emy was although we continue to search.

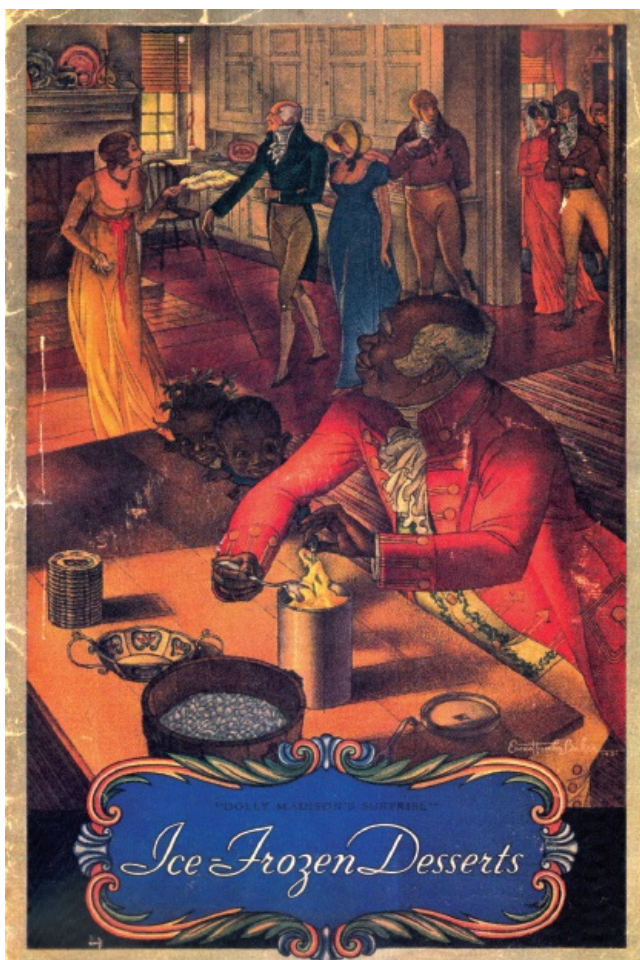


THE TITLE PAGE FROM THE FIRST BOOK PUBLISHED ON WATER ICES AND ICE CREAM, PARIS 1768.

1770 *Court and County Confectioner or, The Housekeeper's Guide* published by an Ingenious Foreigner, now Head Confectioner to the Spanish Ambassador in England, with a chapter on ice-cream making for the general cook or housekeeper.

1772 Second edition of *Court and County Confectioner* reveals author of above as Borella.

1777 By the time of the Revolution, various confectionery shops in New York offered ice cream. The first advertisement appeared on 12 May 1777 in *The New York Gazette and Weekly Mercury* for such a place owned by Philip Lenzi. Lenzi reputedly came from London but left to set up in business in Dock Street and later in Hanover Square, now renamed Stuyvesant Square in New York.



DOLLY MADISON, THE FIRST LADY, DID SERVE ICE CREAM IN THE WHITE HOUSE FROM 1809 TO 1817, BUT NOT IN AN ICE-CREAM MACHINE, AS DEPICTED HERE, WHICH WAS NOT INVENTED UNTIL 1846.

1778 Vincenzo Corrado (1734-1836) publishes *Il Credenziere di Buon Gusto* in Naples, with 36 recipes for *sorbetti*, including some with milk and chocolate, and one with egg yolks and sugar.

1779 M. Dubuisson, by now owner of the Café Procope, publishes *L'Art du Distillateur et marchand de liqueurs, considérés comme aliments* in Paris, with information about freezing techniques.

1780 *Il Confetturiere Piemontese*, Anon published in Torino. Recipes for *Sorbetti al fior de latte* and *sorbetto di biscottini*. The first mention of

these types of ices in Italy.

1784 Fillipo Baldini published *Deâ€™™ Sorbetti* in Naples. No recipes but a serious discussion of the theory and practise of making *sorbetti o gelati*, and their medicinal properties. This book warned against the dangers to health of eating ices.

1787 Thomas Jefferson sets out on the first of his two journeys through Southern France and Piedmont, Northern Italy. In Rozzano in Piedmont he recorded details of the ice houses.

â€™™ The icehouses of Rozzano are dug about fifteen feet deep and twenty feet in diameter, and poles are driven down all round. A conical thatched roof is then put over them, about 15 feet high, and pieces of wood are laid at the bottom to keep the ice out of the water, which drips from it and goes off by a sink. Straw is laid on this wood and then the house is filled with ice, always with straw between the ice and covering ultimately with straw. About a third is lost by melting. Snow gives a more delicate taste to creams, but ice is the more powerful congealer and lasts longer. A tuft of trees surrounds these icehouses.â€™™

THOMAS JEFFERSON EUROPEAN TRAVEL DIARIES
EDITED BY JAMES MCGRATH MORRIS AND PERSEPHONE WEENE.

THE CRIES OF NEW YORK.



ICE CREAM MAN.

1789 Frederic Nutt was offered 1,000 guineas by a group of London confectioners (equivalent to over Â£16,500.00 or \$24,750.00 today) NOT to publish his confectionery book. They were afraid that revealing the secrets of ice-cream making would ruin their businesses. His book, *Complete Confectioner*, was initially published anonymously. (The 1809 edition reveals the author as Nutt.) Bear in mind that making ices was a secret closely guarded by the confectioners as this knowledge gave you a meal ticket for life.

ICE CREAM

2 bottles of good cream
6 yolks of egg
Â½ lb sugar

Mix the yolks & sugar put the cream on a fire in a casserole first putting in a stick of vanilla.

When near boiling take it off & pour it gently in to the mixture of eggs & sugar.

Stir it well. Put it in the fire again stirring it thoroughly with a spoon to prevent itâ€™™s sticking to the casserole.

When near boiling take it off and strain it through a towel.

Put it in the Sabattiere.

Then set it in the ice an hour before it is to be served.

Put into the ice a handful of salt, ie a layer of ice & a spoonful of salt now ice all around the Sabattiere i.e. a layer of ice a layer of salt for three layers put salt on the cover lid of the Sabattiere & cover the whole with ice.

Leave it still a half of a quarter of an hour.

Then turn the Sabattiere in the ice 10 minutes open it to loosen with a spatula the ice from the inner sides of the Sabattiere. Shut it and replace it in the ice.

Open it from time to time to detach the ice from the sides.

When well taken (prise) stir it well with the Spatula, put it in moulds, jostling it well down on the knee/then put the mould into the same bucket of ice leave it there to the moment of serving it.

To withdraw it, immerse the mould in warm water. Tossing it well till it will come out & turn it into a plate.

NB: This has been printed as written.

circa 1790 Thomas Jefferson writes ice cream recipe. Jefferson built an ice house at Montecello. In his garden and farm books he records that in 1803 it took 62 wagons of ice to fill it, with one foot thickness of shavings between the ice and the wall all around. He observed that the ice in 1810 “fails” on 14th September. In 1817 on 20th January “filled the ice house with ice.”

1795 Joseph Corre opened an ice-cream house at 8th and Market, in Philadelphia, where he sold ice cream “at the modest price of eleven pennies per glass”, (equal to \$1.75 in 2005) which despite such claims of being modest, was in reality not cheap.

early 1800s Ice farming and the distribution of ice in America (previously only available from local sources) became important. Ice was cut and stored in ice houses for use during the summer. It was shipped down the eastern seaboard from Boston as far south as Miami, which made possible the spread of ice cream to states which had no natural ice.

1803 Eliza Bonne, who was visiting New York in 1803, wrote to her friend Octavia Southgate: “In the cool of the evening we walk down to the Battery and go into the garden, sit half an hour, eat ice cream, drink lemonade, hear fine music, see a variety of people, and return happy and refreshed.”

Here is a primary source of evidence to show that it was perfectly acceptable for respectable ladies to be seen eating ice cream in public at a time when they would not go into restaurants or cafes.

Pleasure parks, similar to the Vauxhall and Ranelagh Gardens in London, were also created at the end of the 18th century. Grays Ferry in Philadelphia and Columbia Gardens in New York were just two amongst several pleasure gardens. This meant that ice cream was popular, cheap and accessible by an increasing number of people.

1803-13 Alexandre-Balthazar-Laurent Grimod de La Reyni re produces the first food guide, *Almanac des Gourmands and Manuel des Amphytrions* with mention of the different ice creams to be had in Paris, including bricks, fromages, moulded, custard and whipped ices.

1806 To obtain fizzy soda water it is necessary to force carbon dioxide into water under pressure. This process was a European invention in the 1770s by the Swedish chemist Torben Bergmann and the English chemist Joseph Priestley. It was in America that the soda fountain really achieved success. In 1806 Benjamin Stillman purchased a Nooth apparatus for making soda water and with three partners opened soda fountains in New York City and Baltimore in Maryland.

1807 The first pictorial evidence for ice-cream cones is seen in a print by Debucourt showing a woman eating an ice in a cone in M. Garchi s caf /casino in Paris.

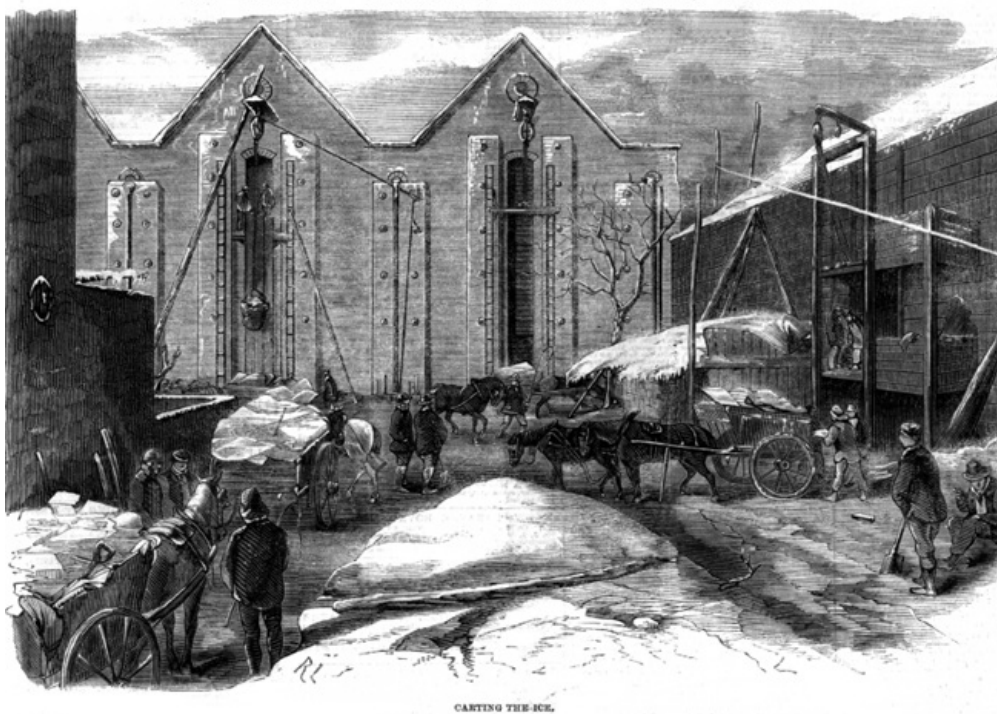
1809 The first mention of marmalade ice cream is in *The Complete Confectioner* published in Edinburgh by John Caird. This is an interesting recipe for two reasons. Food historians should note that this is the first mention of marmalade ice cream and Caird suggests that you pack moulds in salt and ice in “wet bladders” as well as paper. “An unusual but inspired way of protecting the ice from the saline solution during freezing.”

Ferdinando Roberto s painting of Neapolitan ice cream sellers shows accurate details of freezing tub and glass cones (see [page 15](#)).

1816 Car me leaves France to work for The Prince of Wales (later King George IV) in London and Brighton. He returned to France in late 1817. He was the first person to mention moulded “iced puddings” and “Iced Cabinet Pudding”. He was the first person to use this term rather than referring to moulded frozen puddings as bombes.

1817 Joseph Bell publishes *A Treatise on Confectionary*, (his spelling) in Newcastle. Formerly confectioner to the Duke of Northumberland, he mentions “ices in shapes” (not described in his book as moulded) as well as a “Prince of Wales Ice Cream” see [page 229](#).

The artist Bartolomeo Pinelli produces a series of prints of ice-cream sellers on the sea front at Naples, showing cone-shaped ices in glass goblets, with a fruit syrup (see [page 19](#)).



CARTING THE ICE.

1820 William Alexis Jarrin publishes *The Italian Confectioner* in London. This is the first mention of “Bomba Ice”™. At that time the word “bombe”™ was not used for an ice cream or ice-cream moulds.

1830 Friedrich Goetz publishes a plagiarised edition of Emy in Germany under the title *Die Kunst Geforomes Zu Machen*. Plagiarism went unnoticed until we discovered it in 2005.

1832 John Matthews in New York City and John Lippincott in Philadelphia began manufacturing the machinery for soda fountains to take advantage of the new soda fountain trend.

1840s In the 1840s in the UK ice cream became more popular and street selling increased due to the availability of cheaper, imported ice. Sadly, the usual cycle became apparent; partially mechanised production introduced to meet the increasing demand certainly reduced the price but inevitably affected the quality.

Wenham Lake Company, near Boston, Massachusetts, in America starts importing ice into London. They made themselves famous by presenting a block of almost completely clear ice to Queen Victoria. Their shop in the Strand used to have a block of ice left to melt in the window which drew large crowds to watch the ice disappearing! In addition they sold pewter moulds and saccharometers.

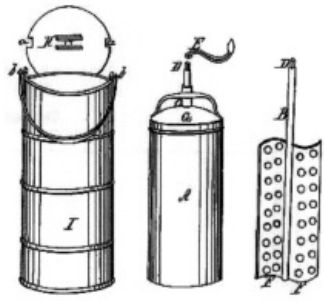


“Boys crowd round the ice-cream barrow.”

1842 Frederic Tudor starts importing ice from America into England. He sells it to ice-cream makers, fish and meat shops and hospitals.

1843 Nancy Johnson, wife of a US naval officer, revolutionised ice-cream making by inventing and patenting (in 1845) a small hand-cranked ice-cream churn, which agitated the ice cream by means of a slowly turning paddle (dasher). Her machine was similar to the hand-cranked ice-cream

makers still in production today.



1844 *The Ice Book* published by Thomas Masters, contains explicit details of the various formulae of ice, acids and salts required to produce varying degrees of cold, listed in great scientific detail.

Despite knowing how to make ice artificially it was still prohibitively expensive to produce on a commercial basis, so a large amount of natural ice was still harvested every year, and stored in ice houses, carefully constructed for this precious commodity. Some were pits with a brick or stone structure at ground level, others were on the surface.

1850 Sir Robert Peel, M.P., the originator of the British police force (known as Peelers), dies. Nicknamed “The Refrigerator”™ due to his support in Parliament for the reduction in duty on imported ice.

Carlo Gatti, from Tichino, Switzerland, supplies both ice and ice cream in London, his ice carts sold penny ices, “hokey pokey”™ (*ecco un poco*). He builds ice wells in St Pancras by the Grand Union Canal in London, to store ice imported from Norway, needed to supply the growing demand for ice in London.

1851 Jacob Fussell Jr, an enterprising milk dealer, realised that there was an annual surfeit of cream in his dairy business during the summer months. Fussell hit on the idea of making ice cream and established the first ice-cream factory at 180 Exeter Street, Baltimore.

The confectioners at that time had established a cartel for selling ice cream; their milk and cream being supplied by Fussell.

As a milk and cream dealer, he had a great advantage over the confectioners and was able to undercut them by selling outside their price-fixing cartel, at about 25 cents as opposed to the confectioners’™ 60 cents per quart. Quickly finding ice cream more profitable than dealing in milk, he opened a series of factories in Washington D.C. (1856), Boston (1862) and New York (1864). However, he fell foul of the Associated Confectioners of New York who demanded that he sold ice cream at the exorbitant price of \$1.25 per quart which he refused to do. Fussell was a hard-headed businessman with good contacts (he was a friend of Abraham Lincoln), a fanatical abolitionist and a frugal, hard-working Quaker. Undaunted by the antagonism he aroused, he moved his business to Boston after being almost lynched in Baltimore by rival ice-cream makers. New Yorkers loved Fussell’s™ ices which he sold at a price that the masses could afford. Fussell, more than anyone else, was responsible for starting the Americans’™ love affair with ice cream. In 1869 he took in partners, one of whom, James Horton, ultimately took over the business in 1874. Renamed the Horton Company, it continued as such until 1928 when it became a subsidiary of the Borden Company which is still in existence.



PAINTING BY ACHILLE VIANELLI (1803-1894) OF A SORBETTI SELLER OUTSIDE CASTEL NUOVO, NAPLES, CIRCA 1840.

1855 Birth of Agnes Marshall, the greatest Victorian ice-cream monger.

1856 Thomas Fuller patents an ice-cream machine in London. Thomas Fuller was a bucket maker with offices in Jermyn Street and he had a Royal Appointment for supplying wooden buckets to Queen Victoria.

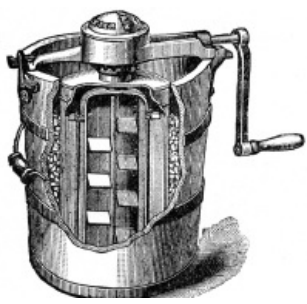


FIG. 1. "Freezer.

1864-5 An American called Risley ships the first cows to Japan, only eleven years after Japan was opened to the West. The first mention of ice cream in Japan was 1869, according to the Japanese Ice Cream Makers Association. Ice was shipped from China to Japan in order to make it. However, it was not until 1921 that ice cream was manufactured commercially in Japan.

1876 The French chef Charles Ranhofer, head chef at Delmonico's in New York since 1862, popularises Baked Alaska pudding.

1878 Carlo Gatti dies. The ice business continued until the 1950s.

1880 First bananas arrive in USA. It was not until 1904 that the banana met ice cream and the banana split was invented.

1883 Malted milk first made in USA.

1885 Mrs Agnes B. Marshall publishes *The Book of Ices* in the UK.

1887 William Horlick in Racine, Wisconsin invents Horlicks® malted milk.

1888 The first refrigerated railway truck increased internal distribution of milk around the United States and helped to continue the spread of ice cream.

1891 American Soda Fountain Company formed which was a trust intended to monopolise the soda fountain industry. The four leading manufacturers Matthews and Lippincott (see 1832 above) along with Tufts and Puffer, (yes, these really were their names) fixed prices and monopolised the industry forcing some smaller companies out of business.

Pellegrino Artusi publishes *La Scienza in Cucina e l'Arte di Mangiar Bene* in Florence, where he uses the term *gelati* for all kinds of ices.

1894 Mrs Marshall's *Fancy Ices* has an early recipe for ice-cream cones.

19th century During the second half of the 19th century Italy went through tremendous political turmoil as Garibaldi fought for unification, and the subsequent economic upheaval added uncertainty to poverty. Young Italian immigrants, mainly from Lombardia, Emilia, Toscana and Campania, with their traditions of ice-cream making, made their way from Italy to England, usually on foot, in search of work. Their long march must have taken several months before they arrived at an English port where they wasted no time in setting up in business as ice-cream makers or vendors. When the saturation point for sales was reached in the ports, they moved to other major cities and formed communities in Birmingham, Manchester and Leeds, where even today third and fourth generation Italians work in the ice-cream business. P. Michaels in his book, *Ices and Soda Fountain Drinks* (Maclaren, c. 1910), describes the plight of the "Hokey Pokey" sellers who were mainly unfortunate children who had been persuaded to leave Italy in search of work.

"Huddled together, mostly in the poorer quarters of town, where lodgings were cheap and sanitary conditions overlooked, they led a life of a miserly motley variety, overcrowded in sleep and work, more than ill-treated, and forced to make long journeys to get ice and salt cheap in the early hours of the morning. They were then made to freeze the ice cream under revolting sanitary conditions, either in badly ventilated sheds or, as in the Italian quarter in London, on the pavements themselves and then drag their heavy barrows, on an empty stomach, to distant pitches in the town where the boys and hooligans of the neighbourhood annoyed them, broke their glasses, threw dirty matter in their freezers and sent them home in tears without money. Was there any sympathy when they reached "home"? Nothing except curses and blows for the small takings. But one day a maddened "garzone" stabbed his bullying "padrone" with his ice pick and left him dead, lying across a tub."

This episode gained widespread publicity and fortunately started an improvement in the system of making and selling ice cream, but it took a very long time to lose its reputation not only for exploiting young Italian children but also for poor sanitary conditions.

At that stage America also followed the English taste for iced creams as opposed to the water ices. So much ice cream is consumed today in America that it has become one of the national dishes along with apple pie and hamburgers. Many Americans even consider ice cream to be an American invention.

1900s By the 1900s soda fountains, first introduced in the 1820s, and popularised in the late 1800s had become an integral part of the ice-cream business. The soda fountain found a home in the drug store as the making of carbonated water required a chemical process and the local pharmacist was the chemist, the alchemist and the druggist. The acids and gasses in drug stores made explosions in these premises a common feature.

Increased availability of ice cream unfortunately went hand in hand with a decline in standards. Ice cream sold on the streets, made by unscrupulous wholesalers, often had a butterfat content of less than 2% and was described by the confectioners as “cheap trash”™. Of doubtful origin and hygiene standards, nevertheless these ices sold in huge quantities in the summer months. It is disappointing how little has changed since then.

1902 Mechanical refrigeration takes over from salt and ice in the ice-cream industry. This meant that companies were no longer controlled by fluctuations in the price of salt, or ice famines following warm winters.

Antonio Valvona patents his ice-cream cone in Manchester.

1903 Italo Marchioni (or Marchiony) patents an edible ice-cream cone in New York.

1904 Banana split invented in Latrobe, Pennsylvania USA by David Evans Strickler. It was a banana-based, triple ice cream (vanilla, chocolate, strawberry) sundae. Pineapple, chocolate and strawberry syrup are added then nuts and cream and a maraschino cherry. See [page 302](#)

1905 Frank Epperson, aged 11, invents the Popsicle, an ice on a stick. The story goes that he left his lemonade out on the porch with a stir stick in it. That particular night was a record cold night and the lemonade froze with the stick in it. In the morning he had a fruit-flavoured ice on a stick. He called it the Epsicle. He patented it in 1924.

1905 Death of Mrs Marshall. Book rights sold to Ward Lock.

1910 Good Humour Bar invented by Harry Burt Sr. in Youngstown, Ohio.

It was a candy sucker/lollypop but initially it was not frozen. He later invented a chocolate-covered ice-cream bar.

1919 In USA prohibition had been slowly, but steadily, gathering momentum since the mid 19th century. When the Prohibition Act came into force, it did more for the ice-cream industry than any other single event since the invention of the hand-cranked ice-cream maker as all over America, major beer manufacturers, such as Anheuser-Busch and Yuenlings, changed to become important ice-cream manufacturers and bars were converted into ice-cream parlours.



ICE CREAM FOR THE POOR. FRANK LESLIE’S ILLUSTRATED NEWSPAPER, 28 AUGUST 1895.

Up until the 1920s ice cream was a summertime business with September/October marking the end of the season. Home freezers had not been invented and ice cream made at home was consumed within a few hours. If purchased and brought home ice cream had to be eaten before it melted.

During this period, due to the competition, ice-cream makers became creative and started to produce ice cream in a variety of colours, shapes and combinations including “Eskimo Pie”™, “Good Humour”™ and “Popsicle”™.

1921 Eskimo pie invented by Christian Kent Nelson in Ottawa. It was a foil-wrapped, chocolate-covered ice cream.

1923 The factory-filled paper cup of ice cream was introduced by H. P. Hood of Boston in 1923 at the National Ice Cream Convention in Cleveland, and was called the “Hoodsie”™. It was renamed the Dixie Cup in 1924.

In the USA the A&P chain of supermarkets were the first company to introduce ice-cream cabinets throughout their 1,200 stores and other grocery chains quickly followed suit.

1924 Frank Epperson patents the Popsicle, an ice cream on a stick. See entry for 1905.

Increased mechanisation contained the price and increased production between the two world wars. It was at this time that the salt and ice era came to an end in commercial production, although they were still used for making ice cream at home. Improvements in domestic and commercial refrigeration made ice cream available all the year round and enabled Americans to become the largest per capita ice-cream consumers in the world which they remain.

1929 Rocky Road invented by William A Dreyer, see [page 130](#).

early 1930s The depression of the 1930s and the ending of Prohibition in December 1933 brought a sudden stop to the seemingly endless growth of the ice-cream industry. Which of these two factors was the worse no one will ever know, but together they were a disaster for this flourishing business. Street sellers reappeared and so did the resentment of the shopkeepers who demanded the licensing of the street peddlers. Cheap products made from inferior ingredients abounded, as did the ice-cream bootlegger selling inferior products in a known maker's cabinet. The customer, assuming that the known maker's ices had deteriorated, would switch to another brand. This practice was almost uncontrolled and was only stopped when economic conditions improved.

late 1930s The ice-cream industry was again buoyant. From 1937 sales started to achieve new records every year, only to level off once America joined the Second World War. During the war American servicemen used a number of interesting and ingenious ways to make ice cream. Aircrews placed an ice-cream mix in the large cans that were stored in the rear gunner's compartment in the B29s and when the aeroplanes returned from their sorties, ice cream had been made by a combination of the vibration and the freezing temperatures of high-altitude flying.

1943 The US armed forces were the world's largest ice-cream manufacturers and in 1945 the US Navy produced a floating barge that was an ice-cream parlour with a manufacturing capacity of 10 gallons per second.

Ice cream was not made in Britain during the war as Lord Woolton, the Food Minister, had banned the manufacture to save transport and manpower. Instead an ice-cream substitute (made with water, flour and sometimes parsnips) was sold under the old name of Hokey Pokey to get around the government regulations.

Churchill objects to the banning of ice cream see [page 64](#).

1945 onwards After the war ended the market in Britain was dominated by Walls, Lyons and Eldorado. Here ice-cream sales continued to grow in the 1950s and 1960s but it was not until the 1970s and 1980s that new formulations began to appear at the opposite ends of the calorie scale, with yoghurt at the low end and super premium at the top end. Since then ice-cream sales have continued to grow with more and more extravagant formulations and greater demands from the various pressure groups for low cholesterol, low calorie and dairy free, and from the public for real quality ice cream.

1995 First time ice-cream sales in United Kingdom exceed Â£100,000,000/ \$150,000,000.



Serving Ice Cream & The Birth of the Ice-Cream Cone

Ices were regarded as little short of magic by diners in the 17th and 18th centuries. They were rare, expensive to make and had a short life; because once made they had to be eaten as quickly as possible, as they could be neither properly hardened nor stored for more than a few hours.

At first such a unique delicacy had no suitable dish in which to be presented. However by 1754 a special cup for serving ice cream was available. Craftsmen had acknowledged and created a vessel for this extraordinary new delight, for in that year, on 23 June, Madame de Pompadour ordered "un petit plateau blanc et quatre tasses pour mettre des glaces" at a cost of 60 livres from Vincennes (*Livre Journal de Lazare Duvaux*). In the following year King Louis XV ordered a dinner service which included a *plateau* with five or seven *tasses à glace*. These small porcelain cups, no more than 6.5 cm (2½ inches) high, were beautifully painted and jewel-like.

In *L'Art de Bien Faire* by Emy, published in 1768, he describes and illustrates *Goblets à glace*, together with their *plateau* (a flat dish raised on a pedestal base), which he lists in the index as being made of glass, crystal and porcelain. These cups and goblets were in a variety of styles with no handles, one handle or two handles. In Italy they were referred to as *giarre*.

The Sèvres dinner service for Catherine the Great, delivered in 1779, was for 60 settings and included 20 *plateaux* for 116 ice-cream cups. Also supplied were 10 ice-cream coolers. These consisted of an outside container, decorated to match the rest of the service. Inside there was a removable bowl with sufficient space below to hold ice. In addition ice could be piled in the recessed lid of the cooler, to match the rest of the service but with the additional decoration of gilded icicles around the edge.

The Louis XVI Sèvres dinner service commissioned in 1783 for use at Versailles had single-handled ice-cream cups on round platters. This set, probably the most extravagant ever produced in the Sèvres factory, was planned to take twenty-three years to finish, but was never completed. The half that was made was later acquired by the Prince of Wales (later King George IV) in 1794 and is now in the collection of Her Majesty the Queen.

Ices brought out the creativity in the confectioners as there was no accepted way of serving and eating ices. They could be served with a flourish of icy peaks as described by the 17th century Tuscan poet, Francesco Redi, in his poem *Arianna Infirma* : "Finest frozen snow rising from the rims of the goblets in hillocks".

At the dining table they could also be served in recognisable fruit shapes having been moulded in pewter moulds.

In cafes and on the streets ices were eaten from small hand-blown glasses. The 1825 Boilly print (previous page) from Paris shows two people eating their ice cream with a spoon; the third is eating straight from a glass goblet. These goblets appear to be cone-shaped and have no handles.

In 1745 the Glass Excise Tax in Britain was levied on the raw materials used in the making of glass, thus increasing the cost of the finished product. Further glass taxes were imposed throughout the century until in 1845 the Glass Excise Tax was abolished and cheaper glass products could be made. This opened the door to the production of cheap moulded glasses using the new moulded glass techniques.



THE ICE CREAM CAFE BY J.B. ISABEY, *LE BON GENRE*, PARIS 1827.

With ices being sold in cafes and on the streets in ever increasing quantities what was needed was a sturdy, cheap container for ice cream. Cafes favoured a better quality of glass, moulded or blown, with a larger bowl and were frequently served with a spoon on a plate.

On the streets the cheapest form of moulded glass became known as the penny lick. Aware of the possibilities of greater profits, ice-cream

sellers promoted licks in which the bowl became increasingly filled with glass to the point, in some cases, where it was almost solid. This created an optical illusion, with the glass reflecting the ice and giving the appearance of a goblet full of ice cream. A further impression of larger servings was achieved by shaping the ice cream into the traditional peak using a wooden paddle. The cost of the various licks bore no guarantee as to the quantity provided - the size of the serving depended on the generosity, or otherwise, of the ice-cream vendor.



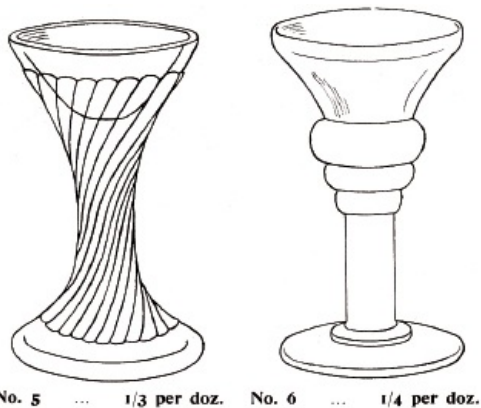
HOW TO SERVE PENNY LICKS.

In time they proved so popular and so widely available that a smaller half-penny lick and a larger two-penny lick were created together with other styles such as the reversible half-penny and penny licks.

The alternative method of serving ice cream was to wrap ices, cut from a brick, in waxed paper and sell them to be taken away and eaten from the wrapper.

The ice-cream seller, often to be found at the seaside, favoured the glass licks which could be repeatedly used, frequently without being washed. They would last for years and created no litter, unlike the paper used for wrapping Hokey Pokey. A further advantage of serving ice cream in the lick was that customers, instead of continuing their promenade along the beach, would be obliged to stand around the ice-cream seller creating a crowd, until they had finished their ice cream and returned the lick.

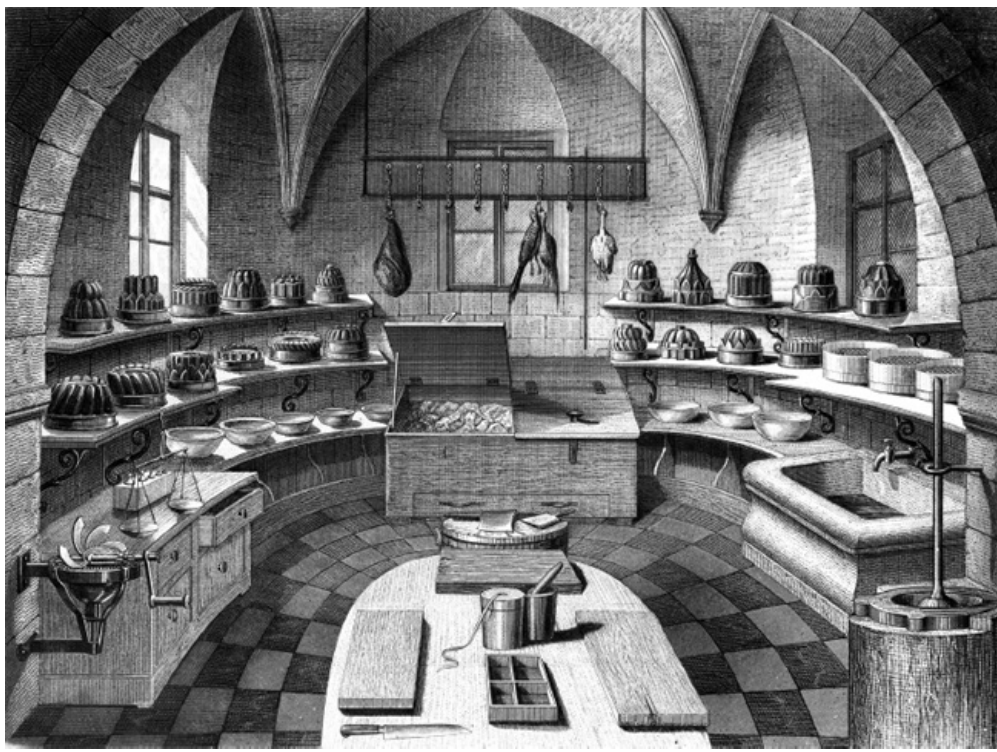
Licks remained popular even after the invention of the ice-cream cone. This was probably due to the cost of the cones, the inconvenience of storage and the fact that they broke. Licks remained in widespread use until 1926 when they were finally outlawed in London for spreading diseases, particularly tuberculosis. Over the next few years bans followed in various towns throughout the country.



PENNY LICKS GLASSES.

The origins of the ice-cream cone are full of controversy and the stories which abound have become part of ice-cream folklore. The most plausible origin for the cone was entirely evolutionary. Ice-cream manufacturers, faced with the challenge of creating a container, at a very low cost, turned to their skills as confectioners and pâtissiers and produced biscuit, wafer and waffle cones. Italian ice-cream sellers in England and the United States may well have been inspired by the old Sicilian and Neapolitan tradition of cutting open a *briosca* (a type of brioche) and filling it with ice cream or granita and eating it on the way to work in the morning. (In Naples, the Gelateria della Scimmia still serves for breakfast a briosca filled with an unflavoured cream gelato that relies on cream alone for its flavour. This is also common in Sicily. The perfect way to start the day.

Mrs Marshall features “cornets”™ in her book *Fancy Ices*, 1894. Christina cornets (pictured on page 35) were filled with a pint of vanilla ice cream mixed with two ounces of finely diced dried fruits, cinnamon, ginger and Maraschino; the cornets were piped with royal icing and then dipped in chopped, blanched pistachio nuts and frozen. Margaret cornets were filled with ginger water ice and apple ice cream to “serve for a dinner sweet or dessert”™. This is the first time ice cream in cones or cornets were recorded in England.



COLD KITCHEN FROM *CUISINE ARTISTIQUE* BY URBAIN DUBOIS 1872.

Today Heston Blumenthal at The Fat Duck restaurant in Bray in England features similar beautifully made miniature cones.



The most popular story concerning the origins of the ice-cream cone follows a certain Ernest A. Hamwi, a Syrian from Damascus who came to St Louis in 1903 and obtained a concession at the 1904 World's Fair to sell *zalabia*, a Persian pastry baked on a waffle iron. His stall was next to an ice-cream maker who was selling his ice creams in small dishes. During the fair the ice-cream seller ran out of dishes and the enterprising Hamwi rolled his wafers into "cornucopias" and put a scoop of ice cream inside. The "World's Fair Cornucopia" was apparently an instant success. Another claimant is Abe Doumar who also was one of the fifty ice-cream concessionaires at the 1904 World's Fair.

On 28 April 1954, the International Association of Ice Cream Manufacturers held a special convention at the Chase Hotel, St Louis, to celebrate fifty years of the ice-cream cone and its inventor, Ernest A. Hamwi. However, on 29 October 1954, the *New York Times* carried an obituary reporting the death of one Italo Marchiony, an Italian immigrant who not only claimed to have been *selling* cones in 1896, a claim for which there is no evidence so far to support, but certainly had applied for a patent on 22 September 1903; well before the 1904 World's Fair. Examination of this patent shows that it was for a multiple cone-maker, making 10 cones at a time, which certainly suggests an earlier date for the invention by Marchiony. His grandson, William Marchiony, writing in 1984 in the N.I.C.R.A. *Bulletin* (National Ice Cream Retailers Association) says that Italo, who had a restaurant on Wall Street, was none too successful a restaurateur and decided to sell lemon ice, during the hot New York summers, from a cart in the street. These he served in "thick-bottomed, oversize whiskey shot glasses". Washing up was a problem (US hygiene laws were ahead of those in Britain) and the glasses were being stolen, so he changed to paper cones which were an instant success. Next he sold ice cream as well as lemon (water) ice and in 1903 had the inspiration to make an edible cone. This was not a cone as we know it today but "was pre-baked dough that remained soft enough to be rolled into a cone at the time of sale". This was also a success and Italo went on further to develop the machine that would bake the cone. This was a considerable time-saver and produced a neater "package". Orders poured in for the cones, and he moved to New Jersey, disbanded his fleet of push carts and concentrated on manufacturing cones. He purposely designed a machine to manufacture cones with an overlapping seam that would look hand-rolled. Marchiony also claims his grandfather was the first person to make an ice-cream sandwich (wafer) by putting a slice of ice cream between two waffle squares cut from a sheet.



DETAIL FROM DEBUCOURT’S CAFE FRASCATI IN 1807, SHOWING A YOUNG WOMAN EATING AN ICE-CREAM CONE.

The print of Frascati’s in Paris in 1807 by Debucourt, clearly shows a lady eating ice cream out of a cone. This is the earliest example we have found that unquestionably shows a cone being picked up and eaten. Whether the cone was edible or glass is not clear but it certainly is a cone.

Frascati was a cafe, restaurant, and gambling house, famous in its day in Paris. It originally opened in 1789, on what is now the Rue Richelieu, across the road from what was then ‘The Gardens of Frascati’. A Neapolitan named Garchi purchased Frascati about 1792. (The first cafe in Paris was opened in 1686 by the Sicilian Francesco Procopio del Coltelli from Palermo in Sicily and was called ‘Procope’. There is still a restaurant of that name in Paris.)

Frascati is mentioned in literature and there are a number of references to it in Chapter Six of William Makepeace Thackeray’s *Vanity Fair*. Part of the attraction and success of Frascati was that hitherto only ‘women of questionable reputations’ frequented cafes which were in those days almost exclusively a male preserve. Frascati’s reputation was such that any lady could be seen there without any hint of a stain on her character.

Descriptions of Frascati are numerous because it was so famous. This ‘great establishment of pleasure’ had frontage on the Boulevard Montmartre of some one hundred and thirty yards and on the Rue Richelieu of fifty yards. It was a substantial site and it consisted of a decorated building and a pleasant garden full of trees.

Sadly, Garchi died insolvent in 1809 practically ruined by the opening of Tivoli in Rue St. Lazare nearby. He had failed to keep up with the other fashionable establishments. Frascati continued under new ownership and finally closed at midnight on 1 January, 1838, when a ban on all gaming-houses came into force in the whole of France.

We have so far been unable to trace much about Frascati, except that although he has a Sicilian name he came from Naples.



IL SORBETTIERE AMBULANTE

What are Ices & What is Gelato?

*Ices, with their accompanying petits fours,
bring the dinner to a close –
at least as far as Cookery is concerned;
and, when they are well
prepared and daintily dished,
they are the consummation of all
that is delicate and good.
In no other department of the work
has the culinary artist so freely
indulged his fancy, or created
such delectable kickshaws;
and, though Italy be the cradle
of the ice-worker's art, though the
Neapolitans have deservedly
maintained their reputation as
authorities in this matter,
to French workmen, certainly,
is due the credit of those innovations
which have perfected this important
branch of dietetic science.*

**AUGUSTE ESCOFFIER. 1846–1935.
A GUIDE TO MODERN COOKERY 1907.**

Ices

The purpose of this chapter is to attempt to outline recipes and define terms. Definitions are needed because what one nation calls a certain type of ice, another will label rather differently.

If we start with the word ICES the problem begins to emerge.

In this book when we refer to ICES we use it as a collective noun for all types of ice creams, gelatos, sorbets, granitas and frozen desserts that have been solidified or semi-solidified by freezing. This is contrary to current usage in USA where ICES usually refers exclusively to sor-bets and perhaps sherbets.

Fitting a typical recipe to a type of ice is extraordinarily difficult and it is only after substantial research that we decided to go with history, as historical evidence seems to be the only (somewhat) fixed point from which to sort out this considerable muddle.

With only a cursory study of the history of ices the enormity of the muddle becomes manifest. Ranging across many continents, always borrowing, adapting and refining the elements from very disparate cultures, the origins of what are today's ices are reflected in a very complex mixture of languages that contribute to the titles. The further back you travel, the less was written and it is only possible to take mildly informed guesses as to what went on. The closer we move to the present, the more we are able to detect nuances of how ices have been altered by fashion, social changes, new sciences and even individual chefs.

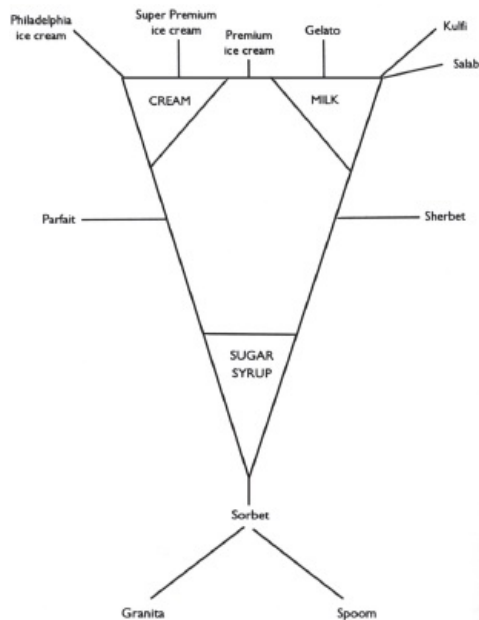
Here Americans may be surprised, even offended, to find sherbets and parfaits are quite another type of ice to the type they would expect and gelato not quite the ice cream they would wish.

To digress a little; parfait is a particularly interesting word. Here in the UK it has recently taken off on a very different journey of its own. It is now common to come across it under starters/hors d'oeuvres/appetisers on a restaurant menu, preceded by words like chicken liver. What you get is a rich pâté. What the "parfait" bit means we are not sure. We have our own ideas about how, why, when and where this usage came about but that is not for this book, it simply serves to show the constant change that goes on.

And we, in our turn have had to acknowledge, change and temper the recipes to today's tastes, ingredients and equipment. We can only hope that you admire our brave stab at clarity enough to forgive any offence to national pride.

For a visual plan of the relationship of the main types of ices see our diagram below.

The absence of eggs in the diagram might seem curious. Although they are essential in many ices, their presence is not necessary when showing the relationship between ices.



So What is Gelato?

“You asked me what the difference between gelato and ice cream is, (long pause) I guess about 50 cents to 1 dollar a scoop.”™

**ANONYMOUS F.D.A OFFICIAL IN WASHINGTON.
SEPTEMBER 2006 IN PHONE CONVERSATION.**

Since the publication of our last book the word gelato has come into widespread common usage and we are frequently asked - what is the definition?

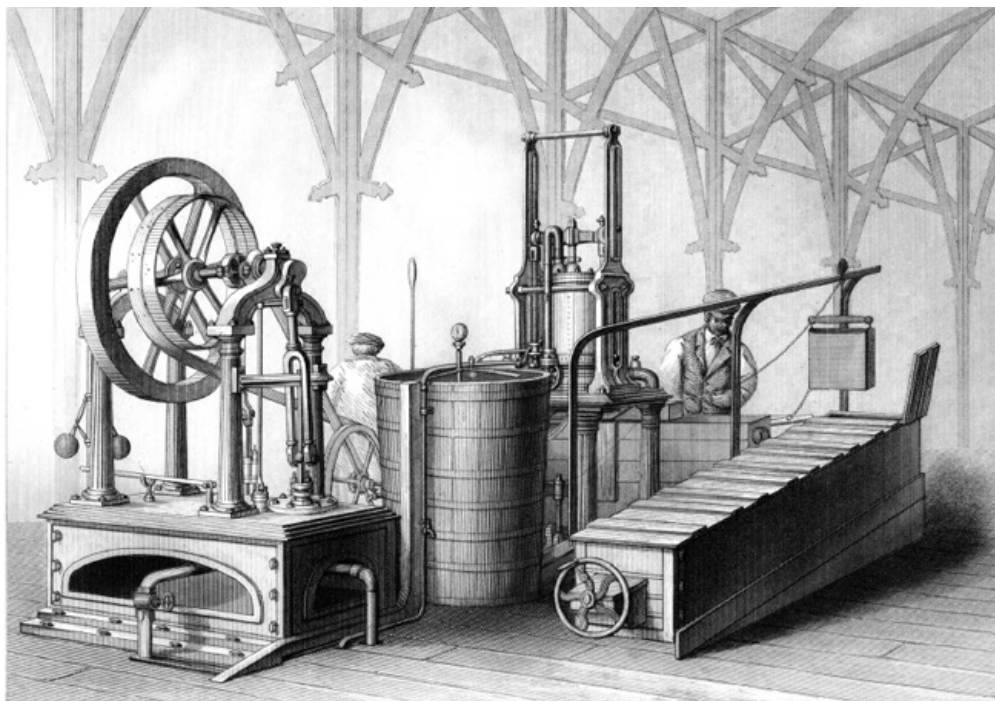
Frankly the word symbolises one almighty muddle, but, since gelato has become interchangeable with “ice cream”™, we thought it was time to be foolhardy enough to try and trace a pathway through a brief history to the present day. Then, daringly, we might arrive at a conclusion, one firm enough on which to base a definition.

Not many authors go there it seems. One such, recently, under a definition of gelato, wrote, “I leave gelato making to the Italians”™, thus vacating the area at great speed. We have *some* sympathy.

At the time of writing the situation is broadly thus; the diet-conscious USA has fastened onto gelato with enthusiasm seeing it as milkier, less sweet, generally lighter and therefore low calorie and healthier. This coupled with the fact that it seems more cultured and knowing to ask for a gelato rather than an ice cream, means it has slipped easily into the language.

We were unable to find the word used in the United Kingdom in the magazines of the Ice Cream Alliance between 1930 to 1980 with the one exception of an ice-cream maker known as “Gelato Joe”™. Nowadays in Britain gelato only becomes defined in the South-West where restaurants sell any ice cream at a premium if it is called gelato. It seems fair to say that the average Briton would feel uncomfortable asking for a gelato.

In the rest of Europe, France still adheres to national food traditions on the whole and prefers the classic egg custard and cream-based ices. Gelato both in concept and the name seems to have largely passed them by. It is available in Italian restaurants of which there are few.



PATENT ICE MAKING MACHINE

In Spain they have *helado* which just means ice cream, which just means anything.

Germany simply sticks with *Eis*, even in almost all Italian restaurants unless they have a menu in Italian.

In Sweden it is *glace*, and in Denmark it is *is*. Gelato is only used in Italian restaurants.

But what of Italy, home of ices, and home of gelato. In view of its heritage, this is the saddest state of all. When you approach a *gelateria* to buy an ice cream it may promise *gelato artigianale*, on a sign outside or above the counter. The implication is that this is home-made ice cream, made on the premises by the proprietor; unfortunately, more often than not, all this means is that a manufacturer's mix is made up on the premises, then flavoured and frozen by the proprietor. This is sold as a *gelato artigianale*. Anything else is also merely called *gelato*. And we have probably upset a lot of friends by writing this.

This whole situation has come about because of the failure of the industry to self-regulate and the fact that no government or trade association can agree a firm definition of what gelato is, legally. The best effort so far is from The European Association of Home-made Ice Cream Makers, ARTGLACE who produced the following definition:-

Gelato Artigianale di Produ Propria (Gelato Artigianale made by the proprietor)

This is a high-quality food product using a mixture of natural ingredients and pleasant flavourings, subjected to hot and cold treatment and creamed at temperatures belowfreezing, incorporating air (less than 50%), extruded in the form of a paste and intended to be consumed in this state.

Produced by a professional ice-cream maker in facilities conforming to health regulations (as per EEC Directive 92/46 and approved by the Italian Ministry of Health on 22/12/1992 in circular letter no 42) employing a limited number of staff as stipulated by the rules of craftsmanship, in non industrial quantities and sold in shops equipped with the ability to guarantee the quality of the product.

Oh dear. They forgot to mention the actual ingredients.

So what is gelato? If we start with the word, it is first necessary to know something of the context in which the word gelato evolved.

The period our researches have shown to be of main interest is Naples around the 17th and 18th century. At this time Italy as a nation did not exist. It was made up of a constantly heaving number of warring independent states, some with their own government, sometimes monarchs, all speaking either other languages, or their version of Italian. (To this day Italy publishes dictionaries to aid Italians in dealing with Neapolitan and Sicilian.)

The Bourbon (Spanish) influence was dominant in Naples where they ruled from 1503-1707 and for most of 1734 to 1860. There is no question that the influence of the Bourbon Kings of the Two Sicilies, Naples and Sicily, with their extravagant level of entertaining met with and matched the Neapolitan aristocracy's love of food and conspicuous consumption.

It is interesting to note that *helado* (ice) and *congelare* (freeze) – both Spanish words – are found transposed in the Italian word gelato. But then Spanish was the language of the Neapolitan court during the Bourbon occupation.

To introduce any sort of formality to this shifting picture it is necessary to consult the published academic texts of the period. The first dictionary, *Vocabulario*, compiled by the *Accademia della Crusca in Florence* in 1612, did not include the word gelato, nor in 1686, or 1691, but in 1688 in an updated version of John Florio's English/ Italian dictionary or *World of Words* there is an entry for gelato, defining it as "frozen, congealed, gellied." The entry of this word is important; the definition is even more interesting with the use of the word "gellied."

As always with research, even given this date, it is necessary to keep an open mind. It would be wrong to assume ices did not exist before this, bearing in mind that in this period life moved at a very different pace and there would be a considerable pause before events were absorbed, let alone recorded. So we were delighted to come across primary evidence that frozen ices did indeed exist. There were undoubtedly milk-based

frozen ices around, but, at that time, they were referred to as *sorbetto*. Two examples make us sure of this; Latini, steward to the Prime Minister of Naples, published a book, *Lo Scalco alla Moderna*, 1694, in which he refers to a *sorbetta di latte* but, typical of the time, without giving a full recipe or method.

We also came across a small Neapolitan leaflet, without author, containing some 20 recipes for sorbetta; all milk-based ices. We were able to date this leaflet at circa 1695 by examination of the type-face, but there is no mention of gelato. Only two of these recipes contained egg yolks, one is *Imperiale Amnanteicato*, calling for 10 egg yolks and the other *Candito dâ€™Ova Â tavololette* which called for 12 egg yolks. These are the only egg-rich ices we have found. The next crops up in Vincenzo Corrado, *Il Credenziere de Buon Gusto*, 1778.

The first time the word gelati is used to describe frozen ices appears in this important quote for food historians in *Le Cucine della Memoria* there is a quotation from the Roman news sheet of 1710 and is found in the *Biblioteca Casanaterise*. Here, with the clash of cymbals and a drum roll, sorbetti meets gelati.

â€œThe Cardinal Acquaviva, entrusted with business on behalf of the Court of Philip V of Spain, after having offered abundant refreshments in his palace at the Nunziatura paid a visit to the Cardinal Altham, Minister to His Majesty by whom he was received with all due ceremony, there were present many prelates and noblemen from various nations. On this particular occasion there was a lavish banquet with every kind of fruit, ices decorated with multicoloured flowers, a profusion of waters, **sorbetti di gelati**, the drinking chocolate was most refined and exquisite. All these delicacies were offered to the servants and passers by.â€*

***LE CUCINE DELLA MEMORIA, PER I BENI CULTURALI, EDIZIONE DI LUCA. ROMA. 1995
BL REF PER. EST 358/2. P 159 DIARIO ORDINARIO Dâ€™UNGHERIA, ANNO 1721, NUM 562, PP 4-5.**

To sum up from all the above, we have a hypothesis, as yet unproved, that the word gelato has evolved as a result of the Spanish influence on the Neapolitan language. That the word sorbetto was established as a catch-all for frozen ices prior to the appearance of the word gelato. Sorbetto denoted a frozen ice made up of water and/or milk, plus sugar.

The addition of eggs into the mixture was a parallel development. However we think it is fair to say that the addition of eggs appears roughly to coincide with the use of the word gelato, standing alone, to denote a different category of ices.

For the next one hundred and fifty years not a lot happened that need concern us here. The authors take great pleasure in writing the preceding sentence.

It was not until Antonio Putti in his *Enciclopedia-Intuitivo* in 1862 lists and illustrates a *sorbettiera* and sorbetto. The word *sorbettiera* is illustrated with a pewter pot in a wooden bucket and the word sorbetto is shown in a small glass on a plate with a spoon. Gelato is also shown the same way in a glass on a plate in an almost identical drawing. So we have progressed with each word receiving a definition and an illustration.



Modern Gelato

The next significant step was the invention of cornflour or cornstarch from maize. This was discovered by Thomas Kingsford, an English immigrant to the USA, in 1842. Cornflour/cornstarch represented to the ice-cream trade a way of replacing expensive eggs with a cheap thickener. The

makers rapidly adapted their recipes, to the extent that in key areas of Italy, particularly in the south, it completely replaced eggs to become the characteristic ingredient of a gelato.

Cornflour/cornstarch has three main qualities:-

1. The characteristic whiteness of the resulting ice.
2. It does its job without contributing any fat which tends to mask the flavours.
3. Cornflour/cornstarch has a smooth texture and no flavour.

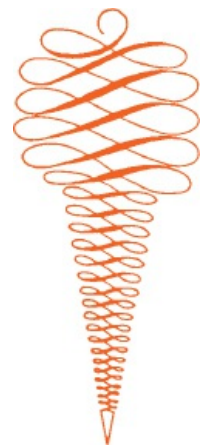
Sicilian gelatos are usually made with milk and corn-flour/cornstarch. As you go further north to Naples, Neapolitan gelato is made with milk and eggs and in the north of Italy there is a considerable French influence and milk, eggs and cream are all used. However, as always, there are exceptions to all these observations.

It bears repeating that of the remaining “Artigianale”™ manufacturers in Italy many buy in mixes which they flavour and then freeze. These mixes contain emulsifiers and stabilisers that allow the ices to be stable at temperatures in the cabinets in shops of around 10Â°C/50Â°F without appearing to melt. It also makes them much easier to scoop. (It may puzzle many travellers that on a boiling hot day, there sits the ice cream, in the heat of the day, piled up like Sydney Opera House and showing no signs of melting.)

In Italian gelaterias you used to be able to tell almost certainly, just by looking, if the ice cream was made by the owner of a gelateria, as the ices would be kept in the serving counters in long, narrow stainless steel containers. The ices produced by the faceless conglomerates were usually in long, narrow plastic disposable containers. But now the conglomerates make their ices to fit the stainless containers and you can no longer tell if it is made on the premises or in a mass production factory. And even if it is made on the premises it may be made from a mix delivered in plastic buckets or sacks, and unfortunately many gelaterias’™ sole contribution being the flavouring and the freezing.

We have now reached the end of a fairly tortuous route but we feel we have established enough to arrive at this conclusive definition:-

Gelato should be made with milk and either egg or cornflour. Historically it was made with eggs and milk. It did not contain cream; the fat in the gelato came from the egg yolks. Now gelato means just about any kind of ice cream.





Equipment

The equipment with which people choose to cook is as personal to them as the clothes they wear, their jewellery, or the paintings they hang on their walls. You buy what suits you best and what is best for one person can be wholly unsuccessful for another.

Our list below will help you sort your way through the vast range of equipment that is now available to the ice-cream maker.

Bain Marie See double saucepan.

Blender See food processor/liquidiser.

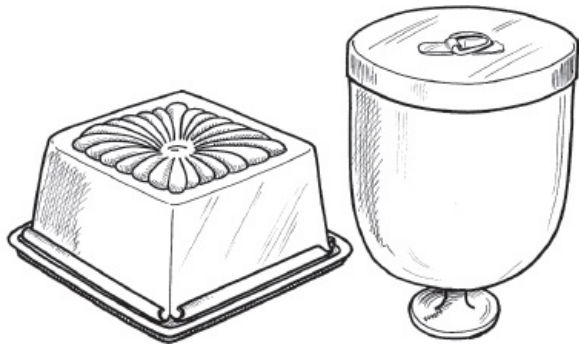
Bombe/ice-cream moulds All moulds made especially for ice cream have a lid and are usually metal; the lid helps prevent the formation of ice crystals on the surface of the ice cream; metal is the most efficient conductor of heat and cold, i.e. when the ice is put into the freezer or when it is unmoulded.

Simple bombe moulds are readily available in good kitchenware stores or via the internet. The cheapest are aluminium which do not take kindly to dishwashers. Much more expensive ones are made of copper lined with tin. We favour the copper moulds that have screw-in plugs that act as bases on which the moulds can stand. To turn out the frozen ice the plug is unscrewed, which releases the vacuum, enabling the ice to slide out. (Some people give a good old blow through the hole to aid the process.)

Middle of the range in price and decoration are the square-shaped moulds with a fluted pattern on the base. These are now sometimes made in stainless steel. Ornate ice-cream moulds are available from specialist shops in France and the USA (see Useful Addresses [page 324](#)).

For advice on the most successful shapes to use see Bombes & Moulded Ices [page 256](#).

NOTE: Do not use antique or reproduction pewter moulds unless you are absolutely sure that they are not made with lead-based pewter. Most are. Do not use copper ones unless the tinning is in good condition. Do not use old glass or ceramic moulds as they may split with the expansion during freezing or during unmoulding. Do not mistake chocolate moulds for ice-cream moulds. For more information see [pages 258](#) to [259](#).



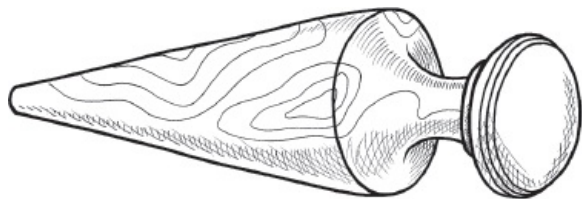
Bottle brush Necessary for the scrupulous cleaning of funnels and the central columns of dashers in many electric ice-cream machines.

Bowls We recommend heatproof glass bowls and a minimum of:

1. Two 30 cm/12 inch heat-proof glass bowls, for making parfaits.
2. One medium-sized heat-proof bowl, for making a basic custard.
3. One small bowl, for separated eggs.

Cone form (wood) This enables a number of cones to be made more easily and lessens the chance of your fingers getting burned. Electric cone/pizelle makers often supply a wooden cone form with the machine. These are rather too slim to ensure a closure at the tip of the cone, and the cones rather too small to give a satisfactory portion.

Our slightly larger cone form, developed specially by Randal Marr, more readily forms a leak-proof cone and takes a sensible portion of home-made ice cream (see Useful Addresses [page 324](#)).



Cone maker (Electric) See pizelle.

Coolbags and freezer boxes Once you discover the flavours of home-made ice creams the natural reaction is to want to share them and that involves transporting ice cream. This has to be done in a coolbag or box.

The most effective bag we have come across is made from Flectalon[®] and is insulated with the same material. Flectalon is an ultra-lightweight metallised coating on a fabric that reflects the heat and maintains the cold.

Use in conjunction with freezer packs.

Cup measures Please note that throughout this book we always use American cup measures based on the 'full' cup measure that is

equal to 250 ml or 8 fl oz. (Measuring cups vary in capacity depending on whether the manufacturer has rounded the conversion of 8 fl oz up or down.)

A set of measuring cups can consist of up to 6 different-sized cups. In addition to the 1 cup size we have used $\frac{1}{2}$ cup/125 ml, $\frac{1}{4}$ cup/80 ml, $\frac{1}{8}$ cup/60 ml. We prefer stainless steel ones, but check that the handles are firmly attached.

To measure liquids stand the cup on a level surface to fill to the brim. With solids (e.g. sugar), dip the cup measure in, and sweep off the excess with the back of a knife.

The best we have found are from Cuisipro, available in both USA and UK. They make a range of sizes including a 2 cup one that is very useful. Their shape is oval with a handle, so you can dip it into the mouth of containers to measure dry goods especially and sugar. (See Useful Addresses [page 324](#).)

Dippers See Scoops.

Dishers See Scoops.

Double saucepans A double saucepan is something of a luxury, but if you are an inexperienced cook and intend making ices in some quantity, we recommend you buy a good quality double saucepan preferably in stainless steel. Do not buy aluminium as this discolours egg-based sauces.

NOTE: The top pan should never come into contact with the water in the base.

In the absence of a double saucepan, select a saucepan that will comfortably contain two-thirds of a heatproof bowl; the base of the bowl should not come into contact with the water. See also Saucepans.

Eprouvette See Saccharometer.

Food processor/liquidiser/blender You probably already have a good processor. But, if you haven't, in most cases a sieve and spoon will do.

Freezer boxes Although hardly a thing of beauty they are effective, more so than a coolbag. Especially if you pack the base and top with freezer packs and put a folded newspaper directly on top before the lid is put on.

The cheapest boxes have an air space between the inner and outer skins. These are not nearly as effective as the ones where the cavity is filled with either foam or expanded polystyrene or fibreglass.

Note: Newspaper is a very efficient insulator for frozen goods.

Freezer film Plastic film sold in individual sheets or on rolls that is used to separate food items when they are frozen and to keep air off the surface of frozen ice to stop the formation of ice crystals on the surface of the ice exposed to air. (See Useful Addresses [page 324](#).)

Freezers for the car A range of small freezers are available that can be operated both at home from the mains electricity, or in the car where they can be run off the car battery via the cigar lighter or a special plug. These vary from about 2 litres ($\frac{1}{2}$ gallon US) to about 20 litres (5 $\frac{1}{4}$ gallons US). These are invaluable for small outside caterers.

Freezer packs Sealed plastic containers that have a freezing gel/liquid. The pack is pre-frozen in the freezer. We recommend various sizes to enable you to pack them around, and particularly above, whatever is to be transported, to hold the contents at the lowest temperature for the longest time possible.

Fridges and freezers See [page 70](#).

Funnel If you have one of the canister-insert ice-cream machines that have a comparatively small aperture in the cover, a large funnel is very useful to quickly and cleanly fill the machine with a liquid ice-cream mix. (Cut off part of the stem if it fouls the dasher in the machine.)

Heat-diffuser mat When making custards it is safest of all to use a double saucepan. The next best way is to use an ordinary saucepan over a heat-diffuser mat. Look for the perforated metal sandwich with a handle, rather than the metal-gauze type.

Ice-cream makers The hardest part of making ice cream at home is to get enough air into the ice cream. Machines help considerably to achieve this. They will also produce an ice cream with less fuss and of a higher standard. But having said that, **there are NO ices in this book that MUST be made in a machine.** They can all be still frozen (i.e. stirred occasionally by hand or machine-beaten with an electric hand whisk or using a food processor) once or twice during freezing. (See Still Freezing [page 80](#)).

There are basic types of ice-cream maker. We have worked with all the types of machines. Here we describe their main characteristics and our personal view of the performance of each type.

1. The old-fashioned bucket type that uses ice and salt. The wooden buckets have now largely disappeared from the market, and have been replaced by a plastic or fibre-glass bucket. A stainless steel or galvanised freezing canister with a removable lid sits centrally in the bucket and a stationary plastic paddle or dasher fits inside the canister and gently scrapes the inside wall as it rotates. The liquid ice mix is poured into the canister, the dasher inserted, the lid fitted, and then the canister is put into the bucket. The cranking mechanism is locked in place on top, and ice and salt are packed round it.

In almost all machines, the canister is then rotated by either a hand-crank or an electric motor. Hand-cranked models are considerably cheaper than the electric ones. The hand-cranked version is the machine for the purist who may feel that the ice cream is imbued with a superior quality by virtue of the hard work. It may also be the choice for those who nostalgically yearn for ice cream like they think they remember as a child. This type of machine is comparatively cheap and has the virtue of producing quite a large quantity (3 $\frac{1}{2}$ -4 $\frac{1}{2}$ litres/4-5 American quarts) of ice cream at fairly low cost. It can be used anywhere, as long as ice and salt travels with it.

The serious disadvantages of this type of machine, whether hand or electrically operated, are the amount of ice and salt needed and the time to

set up and clean up. Be careful that no brine gets into the canister when dismantling and removing the dasher from the container of freshly churned ice cream. If it is to be used within an hour, scrape the ice cream from the dasher and pack the ice cream down into the canister. Replace the lid. The ice cream can then be hardened by repacking the canister in the bucket with additional ice and salt; then wrap the bucket with a blanket, or transfer the canister to a freezer if your freezer is large enough. Crushed ice and salt ratios for making and hardening ices are given on [page 81](#).

2. Prefrozen canister The canister has a surrounding hollow jacket in which is sealed a coolant, liquid at room temperature and solid when frozen; the principle is the same as that of freezer packs. The canister needs freezing overnight to chill sufficiently. It is then put into, or locked on to, the machine and the dasher inserted before the chilled ice mix is poured in. An electric motor or hand cranking then rotates either the dasher or the complete canister, depending on the design of the machine.



They are moderately priced and make a smooth ice in about the shortest time and are suitable for occasional use.

We have tried out a number of these and find them very good. However, you need to think ahead as the canister requires up to eight hours in the freezer before you make an ice.

The alternative is to keep the canister permanently in the freezer to allow for impromptu ice-cream making, but this does occupy valuable freezer space.

Also bear in mind that the canister is only good for making one batch, which can be a problem if the recipe makes too much for the capacity of the machine. For this reason, we strongly recommend buying two canisters, and storing them permanently in the freezer “if you have the freezer capacity.”

The only other disadvantage we have found is that the coolant is so efficient that once the ice has churned to a satisfactory consistency, the machine should be stopped and the ice scraped out as quickly as possible or it will freeze hard on to the sides of the canister, making its removal difficult and the overall texture of the finished ice uneven.

Enormous fun can be had with the small ice-makers that use this pre-chilled canister principle. Some are designed specifically to be used by children and process little more than a single portion of ice cream. We have even heard that some enterprising restaurants use these tiny machines to make up single portions to order.

3. Self-contained ice-cream machine with integral refrigeration unit These have refined ice cream and sorbet making down to the turn of a switch. All these machines normally require is 5-10 minutes to allow the compressor to chill the machine to the operating temperature, the dasher is then inserted and set in motion, and then the liquid ice mix poured in.



This is the Rolls-Royce end of the domestic ice-cream machine market, and this fact is reflected in the price. They are all in excess of £250.00 (\$375.00).

This type is for the very serious ice-cream maker, as you can go on making ices all day long. If you are buying one for the home, make sure you are going to get your money’s worth out of it; these machines are too big and too expensive to consign to the cupboard under the sink after the first flush of enthusiasm. In fact, because they contain their own refrigeration unit, these machines are large and the greatest disadvantage is the amount of space they take up on a counter in the kitchen, or when stored. This also makes them heavy and, for the compressor’s sake, they should be kept upright all the time, and adjusted so that they are level when in use.

Some have an optional removable bowl; you would be well advised to consider this. The only drawback is the necessity of adding a little saltwater or alcohol solution to the machine’s bowl recess before putting in the removable bowl. This is necessary to create a seal between the machine and the removable bowl.

On the other hand, having a removable bowl makes both the transfer or serving of ices easier and the cleaning of the machine much simpler.

Careful cleaning is very important as this type of machine can easily start smelling sour.



For cleaning we use a washing-up brush and a standard solution of the type used for sterilising babies'™ bottles.

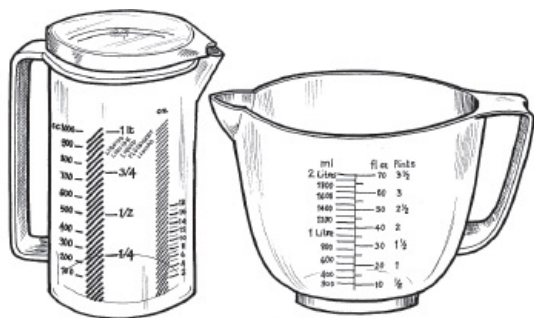
NOTE: Take extra care of the lids as they are fragile, and can be troublesome and expensive to replace. Do not put either lids or bowls in the dishwasher.

Jugs Measuring jugs are a necessity and something you almost cannot have too many of but they can take up a lot of storage space. You need an assortment that includes:

1. Two — 2 ½ litre/80 fl oz jugs, one lidded.
2. Two — 1 ¼ litre/40 fl oz.
3. One — 250 ml/8 fl oz.

We prefer unbreakable plastic jugs, the polypropylene type. Caution: they are not always dishwasher safe. Check that the graduations are clearly marked in the sort of measurements you both understand and will use.

For making custards in a microwave (see [page 78](#)) the best shape is a bowl-shape handled jug. Tall narrow lidded jugs are best for fridge storage; bowl-shaped ones are good for mixing.



Kulfi moulds If you go to the trouble of making kulfi it is nicer to use the correct moulds.

They are inexpensive and available in either plastic or aluminium. We prefer the plastic ones because the screw tops seem more efficient. They should come with a stand so they will be upright during the freezing process. Kulfi moulds are available in specialist Indian cookery equipment shops. (See Useful Addresses [page 324](#)).

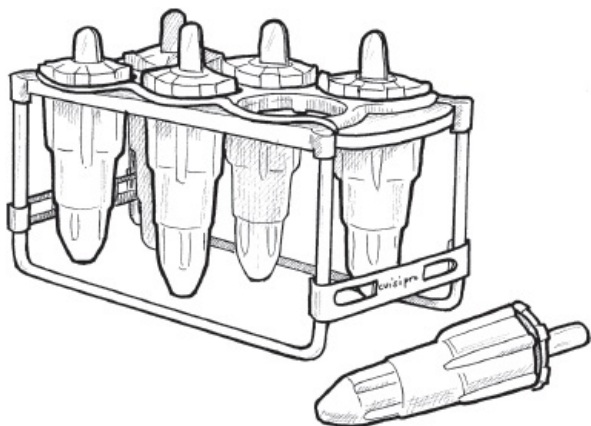


Labels Use freezer-proof labels with extra strong adhesive backing; ordinary labels simply peel off in the cold of the freezer. Always label everything you put in the fridge or freezer, with both description and date, using a freezer pen. Get a special freezer pen to write on labels and on freezer boxes. With these your writing will neither dissolve nor run.

Lemon Squeezers/Reamers A bit of a personal hobby horse. For some of these recipes you might have to do a bit of serious lemon/orange squeezing, so buy a good one. This is large, about 16-17cm/ 5 ½ inch diameter. Make sure the central cone has well-defined, raised ribs, almost sharp, and the surrounding channel for juice is generous. This type of juicer is usually glass and cheap. They abound in the USA but you have to search them out in the EU and the UK. They are sometimes referred to as grapefruit squeezers.

Liquidiser/blender See Food processor/blender.

Lolly/sucker moulds There are many types available, some are startlingly impractical to use. Search out ones that are available in a tray of 6 or 8 and are easy to stand in the freezer. In some, the lids act as both cover and lolly stick. Our favourite is the Cuisipro rocket which has the advantage of being able to remove one lolly at a time from the freezer. The lollies can be released easily from the moulds. (See Useful Addresses [page 324](#).)



Measuring spoons All spoon measurements are based on:

1 tablespoon $\hat{=}$ 15 ml
 1 teaspoon $\hat{=}$ 5 ml
 $\frac{1}{2}$ teaspoon $\hat{=}$ 2.5 ml
 $\frac{1}{4}$ teaspoon $\hat{=}$ 1.25 ml

All spoon measurements are level.

We find the Cuisipro ones the best as they will sit on the counter and not tip over when they are filled. They are available in the UK and USA. (See Useful Addresses [page 324](#).)

Microwave ovens We are indebted to our friend Peter Barham who is Professor of Physics at the H H Wills Physics Laboratory at Bristol University who came to our rescue and guided us through the minefield of microwave oven science.

No two microwaves are the same and we have made all the recipes in a standard 900 to 1000W microwave oven. We do not advise using microwaves above 1200W. They are too powerful for domestic use.

Microwave manufacturers are very loath to give accurate cooking times for the various wattages in microwave ovens and all the books on microwave ovens carefully sidestep the subject. The problem is the variability of the performance of different microwave ovens; so that if you heat 1 litre of water in six different ovens at the same wattage you will get six different temperature readings.

Experience has taught us that if several batches of custard are required it is simpler and quicker to cook using a microwave. But given the problem of accuracy it is absolutely necessary to check your microwave first.

Checking your Microwave All microwaves differ and reduce in power as they get older. You need a microwave with a turntable to make these ices.

If you think that the microwave has "hot spots"™ or "cold spots"™ try microwaving a microwaveable Indian poppadum (available in supermarkets) in it. When placed centrally it should be evenly cooked all over after the required 60-90 seconds. If it is very unevenly cooked your microwave oven may be faulty or have hot or cold spots. There really is not a lot you can do about this except get it serviced and checked by the manufacturer's agents.

Now to calibrate your microwave for making custards:-

The purpose of this trial is to ensure that when you microwave the eggs or the cornflour/cornstarch and sugar mixture the complete mixture is heated to slightly over 75°C / 167°F .

1. Get a handled microwaveable plastic jug and put in it 500 ml/ 2 cups/ 16 fl oz of cold water from the tap^{*}.
2. Microwave at 900W.
3. Microwave for 2 $\frac{1}{2}$ minutes.
4. Remove immediately from the microwave and whisk for 5 seconds (microwaves will go on heating the water for about 5 seconds).
5. Take the temperature. It should read $65\text{--}67^{\circ}\text{C}$ / $50\text{--}152^{\circ}\text{F}$.
6. Immediately return the jug of water to the microwave and repeat stages 2, 3 and 4.
7. The temperature will be about 89°C / 192°F .

^{*}If these temperatures are achieved using water only, you are OK. In the interests of scientific accuracy Peter Barham suggests using still bottled water from the fridge, but we think this is a bit excessive.

If the temperatures are plus or minus, you must repeat the experiment using more or less time until you can achieve temperatures in the region of the two calibration temperatures. (65°C / 150°F , about 89°C / 192°F .)

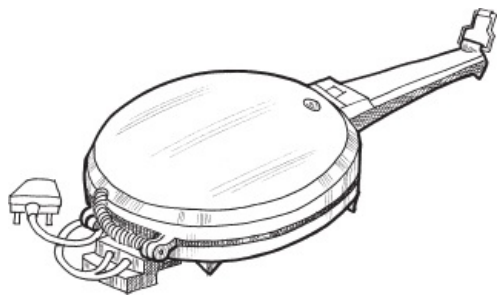
For the microwave fiends amongst us Peter also added an interesting tip. If you put a jug in a microwave and microwave it for a minute, or multiples of a minute, the handle will be at the same position as it started. At half minute intervals it will be opposite to the position in which it started.

Mixer For the non-professional cook who probably lacks the muscles, an electric hand mixer is essential for making parfaits. But a balloon or rotary whisk will substitute for whipping cream or egg whites.

Moulds See bombe and kulfi.

Paper “ greaseproof or silicone These are needed to cover ices during chilling, to reduce evaporation, to stop a skin forming on custards while they are cooling and in the absence of freezer film (see [page 48](#)) exclude air from ices being stored in the freezer. If making any quantity of ice cream have a supply of paper pieces ready cut to size to fit the plastic boxes you plan to use.

Pizelle maker A pizelle is a very thin, Italian waffle biscuit that can be rolled to make an ice-cream cone. We bought our machine for making them in Williams-Sonoma in the USA. We have not found these anywhere in Britain. They are a luxury, but they certainly speed up the making of professional-looking cones and the biscuit used flat also enables you to make your own wafers to accompany ices. Try our recipe for cones on [page 278](#) for excellent results.



Reamers See Lemon Squeezers.

Refractometer This gadget is for telling the exact density in degrees Brix of water ices and sorbets. It performs the same function as a Saccharometer/hydrometer (see below) but is much more fun.

A battery operated one is the ultimate boy’s toy. (See Useful Addresses [page 324](#).)

Saccharometer/hydrometer There seems to be a lot of confusion between hydrometers and saccharometers. A saccharometer is a refined type of hydrometer, which is calibrated on a scale especially suitable for measuring sugar syrups.

If you want to stray outside the recipes in this book, or are interested in the technical side of making ices, we strongly advise you to purchase a saccharometer. This gadget measures the density of a liquid which indicates the amount of sugar present. Too little sugar gives a solid block of flavoured ice and too much means it remains partially liquid. If it were only a matter of having to know the quantity of sugar in any amount of water, weighing the sugar and measuring the water would suffice. However, water ices are more complicated liquids, made up, for example, of various pureed fruits, fruit juices and alcohol as well as the basic sugar and water.

Each additional ingredient brings its own sugar and water, and it is the resulting density of these ingredients combined that you need to know; only a saccharometer will tell this and ensure you get the ice you want.

A saccharometer is a glass instrument about 15 cm/6 inches long that looks like a thick clinical thermometer with a large bulb at the base, which is weighted. This means that when put into a liquid the calibrated stem floats above the surface of the liquid to a greater or lesser degree, depending on the density.

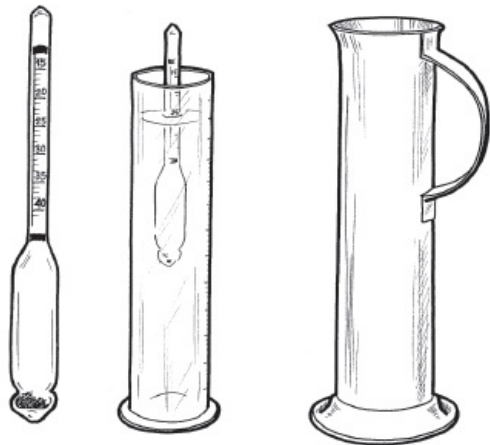
The reading is taken at the point where the instrument leaves the liquid, which should be about 20°C/68°F.

Saccharometers are obtainable in wine-making accessory shops and good kitchen equipment shops.

They are calibrated either in specific gravity or Brix scale or according to the Baumé scale (see [page 307](#)). The latter is a system of measuring the strength of syrups, in whole numbers referred to as e.g. 18° Baumé. The scale is named after the French chemist, Antoine Baumé (1728–1804), who invented it. Although it is getting quite difficult to find Baumé Saccharometers it is worth searching hard for one as it is so much easier to use the clearly marked whole numbers than the sometimes minute and complicated markings of decimals denoting specific gravity or density.

It is probably the simplicity of the Baumé system that maintains its popularity over specific gravity, density and other measuring systems such as Brix in the USA.

The Brix scale is named after Antoine Brix, a German chemist (1798-1890). He was the first person to measure the density (the amount of sugar) in plant juices by floating a hydrometer in them. The winemakers of Europe welcomed this as they could now assess which grapes would probably make the best wines.



With the saccharometer you would do well to buy a density-measuring cylinder. Known as an *œprouvette* in France, a much prettier word, this is a tall cylinder about 19 cm/7½ inches high and 4 cm/1½ inches in diameter with a wide-footed base for stability and a loop handle. They are made of metal, usually tinned or in stainless steel. This gives sufficient depth to float the saccharometer in a small amount of mix. These are more readily found in France (see Useful Addresses, [page 324](#)). However, we have recently come across a slightly larger clear plastic/styrene measuring cylinder some 25 cm/10 inches high and 4 cm/1½ inches in diameter with no handle. This does exactly the same job for a fraction of the price. These are to be found in shops specialising in home-made wines and beers. We do not advise the use of glass ones as they are too fragile.

Saucepans Since in the majority of recipes the cooking is confined to custards, we suggest you buy a good quality heavyweight non-stick, medium-sized 20 cm/8 inch pan. (See also double saucepans.)

PLEASE NOTE: aluminium pans discolour egg-based sauces.

Scales Not essential but always useful. In the USA a pair of scales is a rarity in the kitchen. We have therefore avoided the use of weights for the US measurements except where they are likely to be encountered in the supermarket.

The most important requirement of a pair of scales is that it is accurate (to within 5 g) *and remains so*. We prefer a commercial size of the old-fashioned balance scale and have both metric and imperial weights. The new digital scales are very accurate and some can be switched between imperial and metric.

Scoops/dippers/dishers There are two types; mechanical and non-mechanical. The mechanical type relies on pressing the ice into a hemispherical spoon. Squeezing and releasing the double handle then sweeps a bar across the bowl of the spoon and releases the ice.

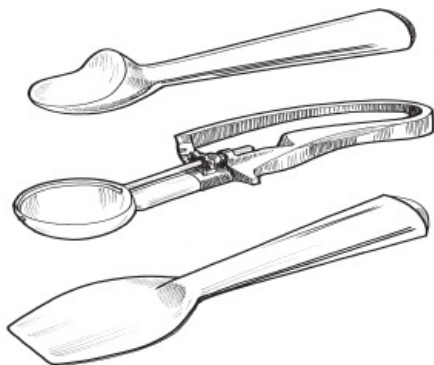
These come in all sorts of shapes and sizes and the better quality ones are numbered according to the number of scoops to be had from a pint or quart or litre, depending on the origin and date of manufacture.

NOTE: Since metrication, scoops made in Britain will be numbered according to how many scoops can be had from a litre. American scoop numbers are based on the American quart (i.e. 32 fl oz).

Cheap scoops are a false economy; they either do not operate smoothly or lock in one position. The best quality ones will be expensive but they will work smoothly and last almost for ever.

Non-mechanical scoops are cheaper; the best contain a liquid to stop the ice sticking. These scoops are drawn across the surface of the ice cream, forming the scooped up layer into a ball, in the manner of a butter curler. Zerol[®], made in the USA is the best of this type. They have a silicone coating to make the ice slip out easily.

A flat stainless-steel paddle type of server can sometimes be found. Surprisingly, we bought one locally which was imported from Sicily, and in a local cafe the Sicilian proprietor still uses exactly the same paddle to fill the ice-cream cones. They are also useful for packing ice cream into containers.



Sieves

You need:

1. A set of three nylon sieves. (These are used to avoid taint or discoloration to acid mixes or red berry fruits.)
2. A set of three fine metal sieves (for straining fibres and fragments of pips from purees.)

3. A plastic “tea strainer”™ sized sieve for straining lemon juice.

4. A fine mesh chinoise, or pointed sieve, which strains custards neatly from the tip.

5. A large colander, liberally perforated, which allows soft fruits to be rinsed with the minimum damage.

Spatulas Some ice-cream machine makers supply a spatula that fits the curve of the machine canister exactly; use it, as it is quicker and more efficient than anything else.

A selection of hard and soft, silicone or rubber spatulas is essential. The slightly bowl-shaped flexible heatproof plastic spatulas are worth searching out. (See Useful Addresses [page 324](#).)

Spoons (cooking) To avoid the wrong flavours creeping into ices reserve a range of different size wooden spoons and put a blob of coloured paint on the tip of the handles to ensure that they are used exclusively for sweet mixes. Or you can use heatproof melamine or silicone spoons that carry no flavours if you don’t mind their rather unsympathetic hardness. However melamine can be cleaned in a dishwasher.

Storage boxes Find a local supplier for these if you can, or buy them by mail order or on the internet. When purchased in packs of ten they are quite cheap, which is good because you can use a lot of them. For storing a standard churned mix 1.2 litre/40 fl oz and 600 ml/20 fl oz boxes are best. This allows for expansion during freezing. Smaller ones are not much use.

For making granitas a strong polypropylene cake or food storage box 25 Å— 25 Å— 8cm/10 Å— 10 Å— 3in is ideal. We prefer the Rubbermaid ones as they have lips on the corners to aid opening them.

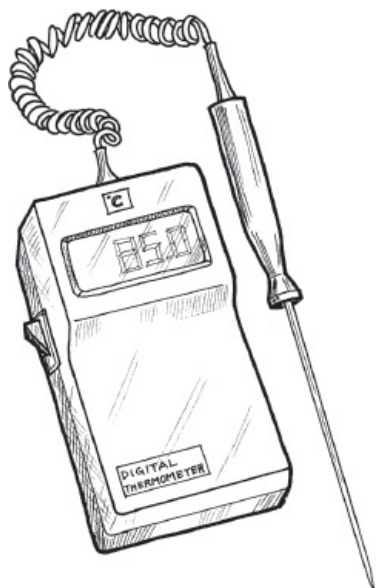
Keep them scrupulously clean and do not buy them unless they can be put in the dishwasher. (See Useful Addresses [page 324](#).)



Thermometer As with an oven, it is important to know if your fridge and freezer are at the correct temperatures. If you do not have thermometers in them we would advise that you get them; the results might surprise you. Small self-adhesive thermometers are obtainable in most supermarkets and freezer stores.

We also recommend a digital-probe thermometer. These vary in temperature range but one that reads from -49Å°C to 199Å°C covers everything you could want in a kitchen and is ideal for checking custards, freezers and internal temperatures of ices. They cost in the region of Å£15.00/\$22.00 (see Useful Addresses [page 324](#)).

While the above smacks of laboratory conditions in the kitchen, we do not advise the use of glass cooking thermometers. These are fragile and often surprisingly inaccurate.



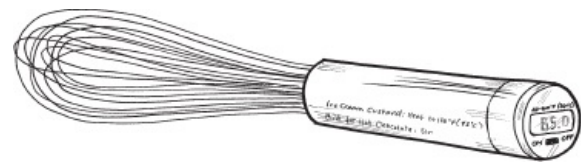
Whisks Electric whisks or varying sizes of the flexible classic balloon whisks are suitable for beating egg whites and cream. We would advise using a spoon to stir custards in a non-stick pan, especially if you are using a thermometer as well. It has been known for a cook to vigorously whisk while heating a custard to such an extent that the air incorporated actually lowered the temperature to give a false impression of how the custard was cooking.

For most cooks an electric whisk is necessary when making parfaits and any sort of meringue.

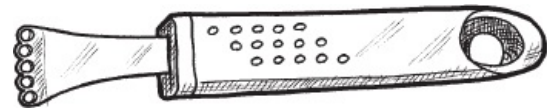
The perfect whisk for ice-cream makers is one with a built-in thermometer. These are difficult to find but well worth looking for. Ours are from Cuisipro. (See Useful Addresses [page 324](#).)

If you cannot find one, you can hold the probe from a digital thermometer in the same hand as the whisk when using it in a saucepan or in a

microwave jug.



Zester A really good stainless steel zester is very useful but surprisingly hard to find; Wusthof, and Victorinox make particularly good ones (see Useful Addresses [page 324](#)). If unobtainable, use a sharp potato peeler; then cut the strips very, very finely. However, if you remove some of the bitter white pith with the zest (the coloured part), shave off the pith, using a sharp knife angled almost flat against the peel.



I say Sam, doesn't them Rices give you the Shivers.
—Not so much as you— you look like a mourning Coach in
a snow storm.—

London, Pub'd by J.B. Brooks 9 New Bond Street Nov 27th 1854.

Ingredients

Naturally, while making ices, the few ingredients have come in for close scrutiny. As a result of much testing and tasting, we have refined our ideas down to some specifics. These, and any additional hints and information that might be of help, are given below.

Almond Extract

When buying, always look for the words pure or natural, and preferably organic. The list of ingredients should say almond oil or almond oil in alcohol. Avoid everything else. Do not use imitation or nature identical almond essence. Avoid anything labelled essence.

Bitter almonds, banned in the UK and USA are readily available in Italy and France in any market. One bitter almond can transform a recipe. If you can find bitter almond essence use it carefully, the minutest amount is sufficient. Dip a fine skewer into the liquid and add single drops from the point.

Chocolate

In order to understand fully the qualities of chocolate, it is necessary to know something of the manufacturing process. Briefly, cocoa kernels are pulverised to produce cocoa mass. This is then refined to produce cocoa butter and cocoa powder, which are together frequently described on chocolate wrappers as cocoa solids.

The cocoa butter retains about 2% of cocoa powder and in this state is off-white and almost flavourless. The cocoa powder retains some 20-22% cocoa butter.

A gourmet who thinks of calories is like a tart who looks at her watch.

JAMES BEARD 1903-85.

Individual manufacturers re-combine cocoa butter with cocoa powder and some of the original cocoa mass to produce their own distinctive types of chocolate. Since cocoa butter is a useful commodity, especially to the cosmetic industry, some manufacturers sell this off and substitute cheaper vegetable fats and oils, such as soya, palm and coconut.

Therefore it is the percentage of cocoa solids in chocolate that gives it its chocolate taste.

It has proved surprisingly difficult to produce a good chocolate-flavoured ice cream that is strong and round enough in flavour, without any rawness, and with a good consistency that is not too dense or chewy. All tests using milk chocolate which contain fewer cocoa solids than plain chocolate, were unsatisfactory, so milk chocolate has not been used in this book except in Terry's Chocolate Orange ice cream [page 122](#).

In order to get a good, positive, chocolate flavour it is necessary to use a good quality plain chocolate with a high cocoa solids content. (In the USA plain chocolate is frequently referred to as semi-sweet or bitter-sweet chocolate.) However, buying a good quality chocolate is not as straightforward as it may seem because whereas good quality is reflected in the price, price alone does not guarantee the quality. Before buying a dark plain chocolate look on the back of the packet at the ingredients and their percentages. If this information is absent, do not buy the chocolate – manufacturers should feel sufficiently confident of their product to print the contents for all to see. It is interesting to note that since the publication of our first book, chocolate manufacturers have responded to the public's awareness of the importance of cocoa solids, and this is now printed in large numbers on the front of packets. Do not buy chocolate if it lists the cocoa solids at under 60%, unless the recipe states semi-sweet chocolate, which is approx 50% cocoa solids.

We normally use Lindt bitter sweet chocolate (70% up to 99% cocoa solids) which is available in the EU, UK and USA, but you may have to search for the highest cocoa solids content chocolate in this range. We have also found Green and Black and Bendicks very good. For the USA Ghirardelli and Scharffen Berger are good chocolates. For chefs, Callebaut remains the mainstay. Some supermarkets have excellent "own brands" which contain 60% or more cocoa solids.

White Chocolate

Chocolatiers do not consider white chocolate to be real chocolate, since the only part of the cocoa bean the product contains is cocoa butter. The rest of the chocolate is made up of milk solids, sugar and flavouring. Some brands do not even contain cocoa butter; again this is replaced with vegetable fat and oils such as soya, palm and coconut oil. To avoid low-quality chocolate look on the packet to check that the contents contain at least 25% cocoa *butter*. Less than this, the chocolate may not melt at all, or insufficiently to be incorporated into the ice-cream mix.

In the USA white chocolate cannot legally be sold as chocolate. If it contains no cocoa butter, it is sold as confectioner's or summer coating. So, never buy white chocolate unless it gives the percentage of cocoa butter on the package.

Cocoa

When the cocoa butter has been removed from the pulverised cocoa bean kernel (cocoa mass), the result is cocoa. Although a dry powder, the best cocoa still retains some 20-22% cocoa butter. In this raw state it is a grey-ish-red colour, acidic, and without the addition of sugar is practically inedible.

Most cocoa for the domestic market is then "alkalised" or "Dutch processed". This treatment, which removes the acidity, was invented by Coenraad Johannes Van Houten in 1828. To this day, Van Houten remains arguably the best quality cocoa and most widely available in Britain, Europe and the USA.

Having said all this, if you look on a container to see if it is alkalised or non-alkalised, in most cases this information is not given. Rest assured, in Britain all cocoa is alkalised. **US readers should be alert to the fact that some main brands available in the United States are non-alkalised.**

We have achieved undeniably better results from alkalised cocoa powder and now use it exclusively in ices.

Cornflour/Cornstarch

Cornflour (UK) Cornstarch (USA). This is a starch prepared from maize. Maize is softened in weak acid and ground to separate the bran, then washed to remove the non-starchy substances. Because it has a very fine texture and contains no gluten, it has less tendency to form lumps. In addition it is almost tasteless provided it is sufficiently cooked.

The process for making cornflour was invented in 1842 by Thomas Kingsford, a British-born naturalised American who eventually merged his company with the Argo Manufacturing Company of Nebraska and others to form the United Starch Company. Argo still manufactures cornstarch today.

Cream

To keep the recipes simple and successful for the widest possible public, with few exceptions, the cream used throughout the book is of the type called **whipping cream** in Britain (legal minimum fat content 35%). This cream is known as **heavy cream** in the USA (legal minimum fat content 36%). This choice of cream was made at the outset in writing the book because it gives sufficient fat content for most types of ice cream whether still frozen or churned. It is readily available, or if not, other creams could easily be adapted down to this fat content by the addition of milk. Furthermore, sticking to just one type of cream keeps shopping simple and the fridge uncluttered.

Lovers of super-rich ice cream should not be tempted to use double cream willy-nilly in the assumption that it will make the ice cream "better". It does not. A cream of higher fat content, in some recipes, is likely to run to butter in an ice-cream maker, or at best, produce an ice cream with a very crumbly texture. Weight for weight using a cream of lower fat content (i.e. less than 35%) will of course give a less rich ice cream, but before all the dieters opt for this they should know that it will also give a rather hard, icy-textured ice cream.

In other words, for the best results use whipping cream (or heavy cream in the USA) or be prepared to adjust the volumes of the creams available to you, using the formulae (see [page 310](#)).

Having said all that, it does not make life any easier to discover that in the UK whipping cream is not as readily available as double cream (legal minimum fat content 48%). However, by diluting double cream with whole milk (legal minimum fat content 3.6%) double cream can be reduced to that of whipping cream.

The formula is:

3 parts double cream to 1 part whole milk = 35% fat content cream = UK Whipping cream/USA Heavy cream.

PLEASE NOTE: In practice, creams are almost always a few percentage points above the minimum legal fat contents given above.

Those interested in the physics and chemistry of ice cream will see that this important fact is taken into account in our calculations.

In our previous books we have advised against using UHT milk and cream, however the manufacturing technology has improved so much we are unable to tell the difference in flavour between most UHT whipping/heavy creams and the Non UHT whipping/heavy creams.

Caution: We do not recommend using the type of cream which is labelled "extra thick". These may contain additives that will upset the balance of an ice.

Crème Fraîche A matured thick cream treated with a culture that gives it a light acidity without sourness. Minimum fat content is 35%. Low fat Crème Fraîche is now available and is unsuitable for ice cream. This is standard cream in France.

Eggs

Egg sizes have changed in the EU since our previous book. Quietly the sizes have been adjusted down.

In an effort to make sizing crystal clear, we have shown the standards for the UK and USA in the charts below. This is so that anyone outside these areas can assess and buy the correct size of eggs.

In the UK we now use **large size** (average weight 68g) eggs. These correspond with **Extra Large** or **Very Large** size eggs (average weight 67.5 g) in the USA.

If you are left with a number of egg whites in a bowl it is useful to know that one egg white = approximately 35 ml. This can be more accurately measured using a small medicine measure available from chemists, usually free. Tuiles or meringues, to accompany ice creams, are a good way of using up surplus egg whites. See [page 279](#) and 283 to 284.

In this book, all ices based on custards, containing eggs, are cooked. There is no case for advocating the use of organic eggs either from the point of view of flavour or food safety.

The use of uncooked eggs does not occur in this book. However for those people who wish to carry on the practice of adding whisked egg whites to lighten the mix, we would suggest they use pasteurised egg whites, powdered or liquid. This is because it can be difficult to guarantee the safety of raw eggs.

UK EGG SIZES

Very large	73 g and over
large	63 g – 73 g
medium	53 g – 63 g
small	53 g and under

US EGG SIZES

Jumbo	Greater than	71 g	2.5 oz
Very large or Extra large	Greater than	64 g	2.25 oz
Large	Greater than	57 g	2.0 oz
Medium	Greater than	50 g	1.75 oz
Small	Greater than	43 g	1.5 oz
Pee wee	Greater than	35 g	1.25 oz

Gelatine

From the turn of the century up to the First World War gelatine was extensively used as a stabiliser in commercial ice cream. Then technology provided cheaper and more efficient substitutes. In this book we have largely avoided using gelatine because we find it gives a curious boiled-milk flavour to ice creams, acceptable up to a point in vanilla ice creams but cloying and deadening in, for example, a fruit-flavoured ice.

Glucose

Dextrose has approximately 80% of the sweetening power of sucrose (common sugar). Glucose syrups are made by partial hydrolysis of starches and contain a mixture of sugars. These are commonly described by their dextrose equivalent (DE), expressing the reducing power of the mixture as a % of that of the same weight of dextrose. A common glucose syrup is the 42DE, with about half the sweetening power of sucrose. Higher DE syrups are sweeter but give less body to the frozen dessert (and vice versa). These syrups are viscous and the spray dried powder forms are easier to handle, though more expensive.

Glucose is frequently used in the ice-cream industry and in many chefs'™ recipes for one or more of the following reasons:-

1. It reduces the freezing point of the mix and so makes scooping easier.
2. It has slightly less than half the sweetening power of sucrose (normal sugar) so twice the quantity is required and this additional volume helps to bulk up the mix for little cost.
3. Bought in bulk glucose is cheaper than sucrose (normal sugar) and so lowers the cost of the ice to the manufacturer.
4. It gives the ice something of a sheen/gloss on the surface.
5. If you are using a Pac-o-Jet (see [page 320](#)) it requires using dextrose in the mix because of the cutting process. **However it does dull the flavour of the ices and for us is a serious disadvantage in using glucose.**

NOTE: If using glucose, ices cannot be described as "all natural"™ as a process is required to turn corn/maize into sweetener.

We only suggest using glucose/dextrose in Soft Scoop Vanilla Ice cream ([page 237](#)) in order to make the ice soft scoop.

Golden Syrup

Golden syrup is 24% glucose, 25% fructose and 33% sucrose. Its main recommendation is its delightful caramelised light brown sugar flavour. See [page 158](#) Golden Syrup ice cream.

Honey

Where honey is featured in a recipe we have recommended a particular type. If it is used merely as a sweetener we recommend using a mild honey such as acacia. When measuring honey heat the measuring spoon in boiling water and ensure that you remove the excess honey from beneath the spoon or measure, and swipe a knife across the top in order to get an accurate measure.

Liquers, Fortified Wines & Stickies

We have something of a holiday sport, keeping an eye open for flavoured spirits when abroad. Look for ones unavailable, scarce, better quality or cheaper than would be available at home. We are sure some of those listed below you will not have tried. They are guaranteed even to improve commercial ice cream.

Syrups Cassis, Crème de mûre

Liqueurs Eau-de-vie "Plum (pruneau, prune), Pear (poire), Framboise (raspberry)

Sherry Pedro Ximenez (Spectacular with ice cream), Oloroso

Port

Madeira

Marsala

Tokay

White dessert wines Vin santo, Muscat de Baume-de-Venise, Orange muscat, Sauternes

Red dessert wines Barolo chinato, Black muscat

For a really special occasion Chateau d'Yquem

Milk

All recipes in this book use full cream milk (USA whole milk) with a minimum legal fat content (Britain 4%, USA 3.9%). However if fresh milk is unavailable use UHT or Long Life milk. We suggest you use the low fat variety which has the least flavour.

Milk Powder

Occasionally used to bulk milk solids (fat and MSNF q.v.) or when a positive milk flavour is required. We use Nido[®] made by Nestl  which is available worldwide.

Sugar

We always recommend using unrefined sugar as it has a superior flavour. This is particularly noticeable in sorbets and granitas made with alcohol. You will get a slight darkening of the ice, but if you make two samples of grappa granita one with unrefined sugar and one with refined sugar, the unrefined sugar granita is noticeably better tasting. Our favourite is Billington's sugar from Mauritius.

Most of the recipes use sugar in the form of sucrose which is obtained from either sugar cane or sugar beet. All white sugar is refined to 99.9% sucrose and in this form there is absolutely no difference between beet and cane. Since granulated sugar with its medium-sized crystals is the most common and inexpensive sugar, we have used it in the majority of recipes, where heating ensures the dissolving of the crystals anyway. Where the ingredients are not heated, but simply stirred together and frozen, feel free to use caster/ultra-fine sugar – the smaller crystals of sugar dissolving more readily without the application of heat.

NOTE: All 99% refined sucrose, weight for weight, has the same sweetening power whatever the degree of granulation. Because of this you can substitute granulated for caster sugar in Britain. However, *do not* substitute icing/confectioner's sugar as there is a small proportion of anti-caking agent added which can be tasted in the cream.

Vanilla Sugar

This is normally made by burying three or four vanilla bean pods in a container of sugar. Within a week the sugar has taken up the flavour and aroma of the beans and is ready to use. This provides a very subtle background flavour in ice creams.

Ours is a more skinflint approach. Given the high price of vanilla beans and not wishing to use them more than once for infusing custard, we rinse and dry these used beans and put them into the sugar and go on doing this until there are almost more beans than sugar. We then throw them out and start the process all over again.

Rose-Petal Sugar

Rose-petal sugar is a delightful thing to have around. Use petals from highly scented roses. Spread out the petals and allow them half a day to dry, and then fill a container with alternate layers of sugar and petals, cover with a tight-fitting lid and leave aside for two weeks or so. The sugar will need sieving before use. The ratio of petals to sugar is not critical; as a rough guide use 1 oz petals to 225 g (1½ cups) sugar.

Sugar Syrup

See [page 70](#).

Vanilla

As the tomato is to Italian cookery so vanilla is to ices. It is a superb flavour in its own right, as well as having the capacity to act as a passive background for other flavours, sometimes accentuating even rather reticent ones.

The best vanilla flavour to be had is indisputably from the bean. The pods are green/yellow when picked from the climbing orchid *Vanilla planifolia*. They are some 12.5–25 cm/5–10 inches long, about 2.5 cm/1 inch in circumference and have no vanilla flavour or fragrance. It is only the laborious and time-consuming process of continually sweating and drying that develops the vanillin, which in combination with other substances (gums, resins and oils) gives vanilla its typical wonderfully seductive, sweet and spicy smell. Beans carrying a dusting of white vanillin crystals are considered to be of high quality, but despite some fifty years of combined cooking experience we have only once come across them. We are happy when we find highly aromatic, dark, fat, moist, luscious beans and cheerfully pay the high price.

As to what are the best beans, experts say Mexican ones are excellent. High quality Madagascan beans are widely available, but sadly only Americans seem to have access to the highly perfumed, aromatic Tahitian beans.

In the absence of the bean, vanilla extract is the next best thing, but a poor second in our opinion. The best quality is made by soaking beans in an alcohol-water solution to extract the flavour. In the United States avoid “imitation vanilla” and buy only the product that is labelled “vanilla extract” which ensures it is derived from vanilla beans. In Britain the standard of vanilla extract is not required to be as high as that sold in the USA and wording on the labels can be confusing. You are best advised to look for the word “natural” in the wording on the label. High quality Bourbon beans are available in quality shops, try to buy ones in glass or plastic tubes to stop them drying out.

Natural vanilla extract from the USA (made by Nielsen-Massey) is available in quality shops and by mail order (see Useful Addresses [page 324](#)).

Water

This may seem an extraordinary entry in a list of ingredients, but without water you could not have ices and unhappily it is a sign of the times that we have to consider the taste and quality of water. If you don't drink the water from your tap, don't make ices with it. Or, if you live in an area where you know that the water is highly chlorinated, or suspect it is high in phosphates, we suggest that you use bottled water. Grom, the Torino ice-cream and sorbet maker, use bottled water exclusively for their sorbets.

Yoghurt

People who are calorie-conscious and who hope to cut down on calories may be rather disappointed to find that all the yoghurt ices contain full fat creamy Greek yoghurt, about 10% fat content. This enables the ice cream to be frozen or stored before eating. You can use low-fat as long as you eat it as soon as it has reached a suitable ice-cream consistency, be it churned or still frozen. Otherwise due to the low milk-solid and fat content,

and therefore high water content, it will freeze hard and have a rough icy consistency and lack roundness of flavour. Commercial yoghurt ices are bristling with stabilisers and emulsifiers to overcome this problem.

In the USA Greek yoghurts are frequently referred to as Russian yoghurts.



What is Good Ice Cream?

For over the last hundred years the ice-cream industry has been trying to manufacture “home-made”™ ice cream but has largely failed.

So what are the qualities you look for in an ice cream? This is the question we are most commonly asked and yet books on ices, other than those written for the industry, ignore this most important feature, which is how to assess quality. Since our book is concerned with the production of quality ice cream, this section describes the guidelines that we used to judge whether a recipe was good enough to be included. More importantly this is particularly addressed to the hapless British who within living memory have no heritage of quality ice cream and little or no knowledge of how good ice cream should taste. Part of the explanation must be that almost a whole generation was deprived of ice cream during and for some years after the Second World War as food rationing in England did not end until 1954.

Winston Churchill to Lord Woolton.

22 September 1942

SUBJECT Prohibition of the Manufacture and Sale of Ice Cream

Without definite information as to the saving in transport and manpower, I cannot judge whether the destruction of this amenity was worthwhile.

I suppose the large numbers of American troops in this country will have their own arrangements made for them. They are great addicts of ice cream, which is said to be a rival to alcoholic drinks.

The step should not have been taken without the Cabinet having an opportunity to express an opinion.

This, coupled with the British tolerance of poor-quality food, has enabled manufacturers to take advantage of the situation and sell us ice cream which, as Jane Grigson said, is “largely air and fakery”™.

It is a curious fact that childhood memories of ice cream, whether recalled accurately or not, remain the basis for adult judgements on taste. Obviously the British start off at a disadvantage compared with other nations.

But what also has to be taken into account at this stage are the differing national characteristics of ice cream. For example, the Americans generally prefer ice cream that is sweeter, richer and softer than the Italians, who would look for a milkier, dense and colder ice, whereas the French would want a rich, very smooth ice cream with more sophisticated flavour.

However, the rise of the multi-national ice-cream companies is blurring these distinctions. For example, in Italy, a wide range of restaurants offer a dessert menu comprising an identical range of ice creams, all from identical freezers supplied by the company who make the desserts. We hope this monotonous diet will begin to pall, and in order to win back jaded diners restaurateurs will have their chefs produce their own ices again. Some of the lost characteristics and qualities of differing flavours and textures will thankfully be restored.



The problems of tasting are compounded by the fact that the image of ice cream promoted in magazines, books and advertisements is of rock-hard, frozen scoops of ice never shown melting, which is the ideal state for tasting. Frozen hard, even the best ices are nearly inedible and quite flavourless as the taste buds are anaesthetised at this low temperature.

Ice cream should ideally be eaten between -15 to -8°C/ 4 to 18°F. The ideal temperature according to Arbuckle (*Ice Cream* AVI, Westport, Conn, 1986) is -13°C/8°F.

Sorbets and sherbets should be eaten below -13°C/ 8°F. Granitas, when they are ready, are eaten straight from the freezer.

So, given the ice served at the correct temperature, how do we judge an ice cream? There are five criteria.

Appearance

The colour of the ice cream should be appropriate to the flavour. Any whole fruit, nuts etc, that have been added to the ice cream should be evenly distributed. There should be no ice crystals on the surface and no evidence of shrinkage from the sides of the container.

Body

We consider the body of the ice cream to be everything you can detect with the eye before tasting. As it is scooped from the container to a plate, note the resistance of the ice cream. If it is too firm to scoop it will be uncomfortable to eat and too cold to taste. The body of the ice cream should not be waxy, gummy, crumbly, soggy or fluffy.

Texture

Taste a sample; the initial texture should be smooth. Push it with the tongue on to the roof of the mouth. If it is rough but rapidly clears as the ice cream melts in the mouth the ice crystals are too large. If however a sandy roughness persists it is due to lactose crystallisation, caused by too much M.S.N.F, (see [page 296](#)).

Flavour

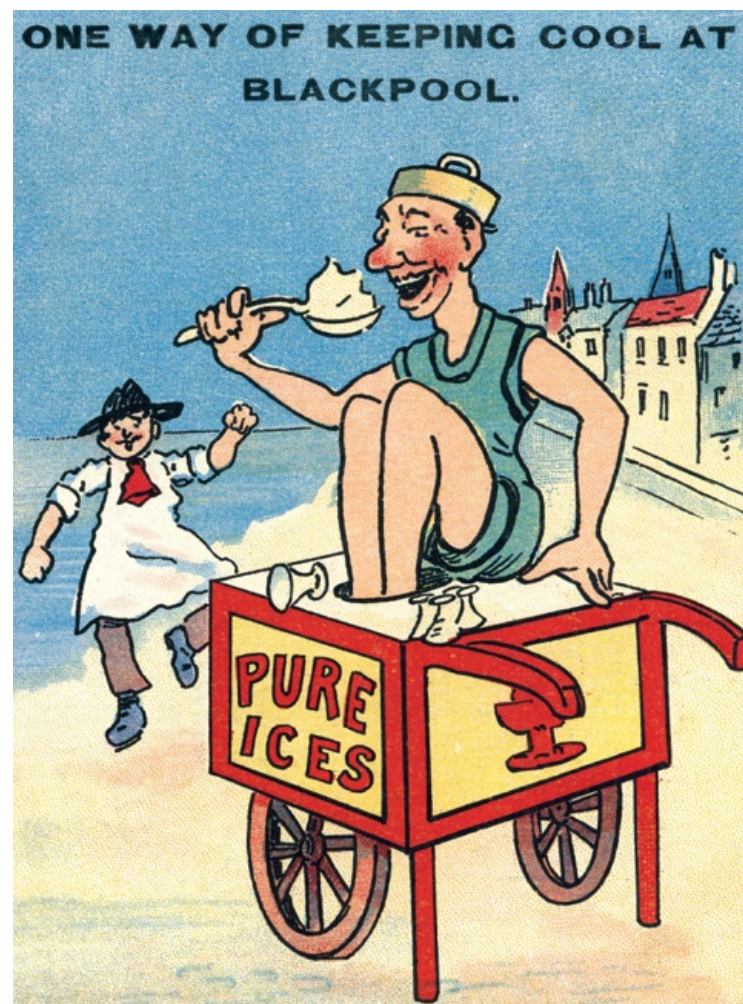
Is the flavour appropriate to the mix? Is it too elusive or too overpowering? Flavour should be identifiable for what it is, and the ice cream should not be so rich that it swamps the flavour, nor the flavour so rich that you cannot eat more than one or two spoonsful.

Sweetness is the element which most commonly offends; it is highly subjective, and in our experience it is the flavour that people comment on first. Since sugar is one of the cheapest ingredients in commercial ice cream, it is the one that is most likely to be overdone. Beware over-sweetness killing the freshness of flavour, especially in fruit-based ice creams.

The flavour should not stop when the ice is swallowed. Does it leave a pleasant aftertaste? There should be neither cooked-milk flavour, nor any metallic or rancid flavours detectable in the ice cream.

Melt

The ice cream should melt to a creamy liquid. It should not remain like shaving foam, or separate, or curdle.





A Chilly Silence.

The Basics

There are a number of basic recipes and techniques in making ices and to avoid needless repetition these are given in detail below. However, before starting to make any ices, please read our advice on hygiene and the proper handling and storage of ices, as well as the instructions concerning fridges and freezers; these basics are important.

Hygiene

Firstly, all equipment used in the making of ices should be kept scrupulously clean. Ideally, those items that can should be put through a dishwashing machine. Otherwise, they should be washed in hot soapy water, rinsed in very hot water and left to dry in the air, rather than dried with a cloth.

We carry out this washing process before and after each session. So, in effect, all items are doubly clean.

Always refer to the manufacturer's instructions concerning the cleaning of machine parts. After each ice-making session we recommend the machines themselves are wiped over with a clean cloth wrung out in sterilising solution; the sort and strength that is used for sterilising babies' bottles.

Ices, if badly handled, can provide an ideal breeding ground for all sorts of undesirable organisms, so it is important to bear in mind a few fundamental principles.

Most food-borne bacteria can be destroyed by heat. Bear in mind that above 63°C/145°F they start to die.

They are rendered inactive and unable to multiply at such low temperatures. They multiply most rapidly at temperatures around human blood heat. At temperatures slightly above or below they can still multiply, but do so at a slower rate.

At temperatures below 10°C/50°F they are not killed but the rate of multiplication slows considerably as the temperature drops from this point.

For the ice-cream maker the main aim and object is to move the mixture through this critical temperature range around blood heat, as quickly as possible, thereby minimising the potential for bacterial growth. Therefore we recommend that as soon as a custard has reached 85°C/185°F and is thickened, it should be cooled to below 10°C/50°F as quickly as possible. To do this, plunge the pan containing the custard into a bowl of cold water. Cover and leave, stirring occasionally, until the custard is cool enough to put into the fridge.

NOTE: It may be necessary to change the water in the bowl if it becomes tepid.

The custard can now be transferred to a jug, covered and refrigerated. In this state it is perfectly safe to store overnight in the fridge as long as it is kept well away from any strongly smelling or uncooked or raw foods.

In uncooked ices such ingredients as cream and milk should be pre-chilled before mixing together, and then churned and frozen immediately.

The only other area that should give rise to concern is when a made ice is taken from the freezer and thawed sufficiently to eat, and the remainder then re-frozen. From the health aspect, it is unwise to carry out this process more than twice. It will also interfere with the consistency of the ice. Do not attempt to re-freeze any ice that has fully thawed to a liquid state.

Fridges and freezers

Most people do not know the running temperature of either their fridge or freezer; we advise the purchase of thermometers (see Equipment [page 55](#)) so that you can get to know the variations of temperature, according to use and season. This can be quite an eye-opener.

The recipes in this book are based on the running temperature of a fridge at 4°C/39°F and freezer at -18°C/0°F.

Remember: An overloaded or iced-up fridge or freezer will not function properly. They also need to be level to operate efficiently.

Always check before you start that there is sufficient space in the freezer to accommodate the newly made ice. If you are using a canister-type machine, allow enough time for the insert to be completely frozen.

If you have a fast-freeze button or switch on your freezer, use it; switching it on ahead of time, if necessary. The use of this facility is particularly beneficial when still freezing to ensure the fast growth of small ice crystals to give a smooth-textured ice.

Basic Recipes

Water Ices

All the recipes for water ices (i.e. sorbets and granitas), as well as the hybrid sherbets and the parfais, are based on a sugar syrup. This sugar syrup is always the same throughout the book. It is the lynchpin of the book and it could not be easier to make.

Sugar Syrup

Sugar syrup is a combination of sugar and water, also referred to by cooks and chefs as simple or stock syrup.

Unfortunately this is made by different people in varying strengths and it is often impossible to know what the recipe writer intended – which is absurd when the success of an ice depends on it.

We have used a standard sugar syrup instead of different quantities of sugar and water in each recipe because it is quicker and easier to use a syrup rather than measuring and mixing small quantities of sugar and water each time. More importantly, a standard syrup establishes a basis from which any fruit, vegetable or herb can be formulated into a successful recipe for sorbets, granitas and spoons. For a full explanation see Science chapter [page 305](#).

Our sugar syrup is:

1 kilo of sugar to 1 litre of water or

5 cups sugar to 4 cups water or

2 lb 3 oz sugar to 32 fl oz water

This makes 1600 ml/6 1/2 cups/54 fl oz of syrup

You need a large 2 litre/8 cup/4 pint measuring jug.

Pour 1 litre/4 cups/2 pints of boiling water into the jug and stir in the sugar. Stir until the sugar has dissolved, which takes less than half a minute. Cool, cover, then refrigerate. That is all you need to do.

We prefer to put a vanilla bean in the measuring jug, then pour in the boiling water, and then add the sugar. The vanilla bean is left in the syrup for as long as the syrup remains in the fridge.

The chart on pages 306 to 307 gives the measurements for making smaller quantities of this syrup, if necessary.

There are elaborate instructions in some books on making syrups, boiling and skimming them for anything up to 10 minutes. **This is simply not necessary unless you have suspect water.** Why do these myths go on being perpetuated by cooks and chefs who should know better?

Sugar syrup in small quantities (see pages 306 to 307) can be made with cold water taken straight from the tap. If you can be bothered to stand there and stir it until the sugar has dissolved this has the advantage that once the sugar has dissolved, the syrup is immediately ready for use.

Boiling simply evaporates some of the water and increases the density of the syrup to a greater or lesser degree, depending on the diameter of the saucepan.

Only those people living at 6,000 feet or over will have any trouble with our technique. At this altitude it is necessary to heat the sugar and water in order to get the sugar to dissolve.

The syrup will keep for 2-3 days at kitchen temperature or at least 2 weeks in a refrigerator. It will probably keep much longer as the only cause of deterioration is the growth of yeast spores picked up from the air. Yeast growths will make the syrup cloudy, so do not use the syrup if it is anything other than clear.

The concentration of this sugar syrup is measured by the density. It will be 28° on the Baumé scale or 1.24 on a decimal scale or 52 on a Brix scale (see [page 307](#)).

Sorbets

Sorbets are made using a proportion of the above basic sugar syrup plus flavouring. The ratio of sugar syrup varies according to the amount of liquid that is contained in the flavouring in the recipe of your choice. Having chilled the mix you will then need to freeze it. (See Freezing [page 80](#).)

Granitas

Granitas have a method of freezing all of their own.

For a classic granita there are no short cuts. The instructions on freezing below are unique to this form of ice and will guarantee a successful granita. The aim is to achieve a free running ice of uniform consistency made up of large, flavoured ice crystals not dissimilar in size to rice grains.

Make the granita according to the recipe and thoroughly chill the liquid mixture in the fridge. When ready, pour into one or more strong, lidded, polypropylene containers; a sandwich or shallow cake-box shape is ideal, approximately 25 Å— 25 Å— 8 cm/10 Å— 10 Å— 3 inches, to give a depth of mix of approximately 2 cm/3/4 inch, then cover with the lid and freeze. To achieve uniform, small separate ice crystals throughout, the liquid will now need beating with a table fork at regular intervals during freezing.

First freeze for 1 hour or until the liquid has formed an iced rim around the edge and is starting to freeze on the base. Scrape this away with a strong kitchen fork and combine evenly with the remaining unfrozen liquid. Repeat this scraping and mixing process every 30 minutes for the remaining 2 1/2 hours or until the mixture forms a smooth consistency of identifiable ice crystals. Ideally, it should be eaten at once, but if you are using our formula it can be held at a good consistency for up to 2-3 days if stirred once or twice a day to break up any clumps of ice crystals that form, especially around the edges.

This may seem like a lot of work, especially if you have read recipes telling you to break the mixture up in a food processor once it has gone solid. Of course you can do this, but the consistency will become too fine, like a very icy sorbet, rather than the rougher texture of a true granita.

To achieve the perfect granita, there is no substitute for the fork technique.

Parfaits

This is here because parfaits have a foot in both camps as they use both sugar syrup, cream and eggs. There are many techniques for making parfaits, all of which we have tried. In our opinion, the recipe below gives the best result for an alcohol-flavoured parfait. It may seem rather painstaking and detailed, but if you follow it to the letter the result will be excellent.

The classic flavour for a parfait is coffee. This requires a slightly different technique than an alcohol-based parfait (see Coffee Parfait [page 144](#)), as does Chocolate Parfait ([page 121](#)).

Of the alcohol-flavoured parfaits, we have tried we recommend the following:- Cointreau, dry Sherry, Strega, Amaretto, Pernod, Mandarine Napoleon and whisky.

The amount of alcohol needed for these recipes will vary between 15-60 ml/1-4 tablespoons, according to taste. However, do not try to add more than the upper limit as it will prevent the parfait freezing.

	Metric	US	Imperial
Egg yolks	4	4	4
Sugar syrup (see page 70)	185 ml	³ / ₄ cup	6 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Alcohol	1-4 Tbsp	1-4 Tbsp	1-4 Tbsp
Makes about	1.25 litres	5 cups	40 fl oz

For this recipe you will need a thermometer, a three-speed electric hand mixer and, preferably, a double saucepan. Failing this, select a large heatproof bowl which will sit snugly into a saucepan.

Into the bowl put the yolks and use the electric mixer to whisk them until light and pale.

Warm the syrup to 30-40°C/86-104°F (around blood heat), then whisk this, a few tablespoons at a time, into the egg yolks. Try not to take this stage too fast or the eggs will scramble. Now, either position the bowl over, not in, a saucepan of barely simmering water, or pour the mixture into the top of a double saucepan positioned over, but not in, barely simmering water.

Cook, stirring occasionally to make sure the mixture is not over-cooking on the base or in the angles of the pan. Heat either until the temperature reaches 85°C/185°F or until the mixture has thickened sufficiently to coat the back of a spoon. This will take up to 20-25 minutes.

Now remove the mixture from over the water and pour into a large, deep mixing bowl. Using an electric whisk beat on high speed for about 1 minute. Then adjust to medium speed and continue for a further 3-4 minutes. Finally, turn down to low speed for 5 minutes. By this stage the volume will have increased by about 50%. The mix will be almost cold and thick enough to hold a ribbon of mixture trailed over the surface. Put the bowl containing the mix, and a second empty bowl, plus the whipping cream, into the fridge and leave to chill for at least 1 hour.

When ready remove the empty bowl, pour in the chilled cream and beat until it forms soft peaks.

Now remove the yolk/syrup mixture from the fridge and gently fold in the whipped cream in about four stages. After the second lot of cream has been added, sprinkle in the alcohol and continue to fold in the remaining cream until all has been added and is evenly mixed.

Pour into a plastic freezer box and cover with freezer film or greaseproof paper and a lid. Finally, label, and then freeze for at least 2 hours. A parfait, if frozen solid, will need about 15-20 minutes in the fridge to soften sufficiently to serve.

If the parfait is being used in a bombe, pour into a prepared bombe mould (see pages 258 to 260) and proceed as for bombe making.

Ice Creams

These are based on the conventional way of making a custard over hot water.

Standard French Vanilla Ice Cream

These are our favourite French custard-based ice creams.

	Metric	US	Imperial
Milk	375 ml	1 1/2 cups	12 fl oz
Vanilla bean	1	1	1
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Egg yolks	3	3	3
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	800 ml	3 1/4 cups	26 fl oz

Rich French Vanilla Ice Cream

	Metric	US	Imperial
Milk	300 ml	1 1/4 cups	10 fl oz
Vanilla bean	1	1	1
Unrefined granulated sugar	90 g	1/2 cup minus 1 Tbsp	3 1/4 oz
Egg yolks	5	5	5
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	800 ml	3 1/4 cups	26 fl oz



Making Standard French Vanilla and Rich French Vanilla Ice Creams

Combine the milk, vanilla bean (split in half lengthwise) and half the sugar in a medium-sized (**not aluminium**) saucepan and bring to just below boiling point. Remove the pan from the heat, cover and leave aside for a minimum of 15 minutes to allow the vanilla flavour to develop.

Meanwhile, in a medium-sized heatproof bowl, combine the egg yolks with the remaining sugar and beat, preferably with an electric hand whisk, until the mixture is pale and thick.

Remove the vanilla bean from the milk, and using the tip of a knife or a teaspoon, scrape the vanilla seeds from the pod and stir into the milk.

Bring the milk back to boiling point, then pour it slowly in a thin stream on to the egg yolks and sugar, whisking steadily as the milk is added.

The bowl can now be placed over a pan of simmering water, or the custard can be returned to the saucepan, which is then put on top of a heat-diffuser mat so that it is not in direct contact with the heat. Only if you have an accurate thermometer and/or are confident that you will not overheat the sauce, should you put the saucepan over a gentle direct heat. Use a small non-metallic spoon or spatula to stir the custard. (**Do not use a whisk to beat the mixture as it cooks. This can introduce so much air into the mix that the temperature reading will actually drop.**) As it heats over water, the custard will not suffer as long as it is stirred frequently and it will take from 5-30 minutes (depending on the thickness of the bowl or the pan) to thicken sufficiently, or reach 85°C/185°F.

Over direct heat the custard needs constant attention and will take about 8-10 minutes. Without a thermometer: to judge if the custard has thickened sufficiently, remove the spoon and tilt the back of it towards you. Look first at the way the sauce coats the spoon. If it forms only a thin film, try drawing a horizontal line across the back of the spoon. This should hold a clear shape. If not, continue cooking the custard until it coats the back of the spoon more thickly and holds a clear line.

As soon as the custard has reached the right temperature or thickened sufficiently, remove the pan from the heat and plunge the base in a few inches of cold water. On no account should the custard be allowed to over-heat or boil as the mixture will curdle. (For how to deal with an overheated custard see below.) Leave to cool, stirring occasionally until the mixture feels as though it has never been heated, then refrigerate. When ready add the cream, then **still** or **stir freeze** ([page 80](#).)

How to deal with overheated custard

If the custard overheats, at a temperature of about 88°C/190°F, the protein in the egg will coagulate and harden, and the custard will take on a velvety look. If this begins to happen, or the mixture boils, immediately remove from the heat and plunge the pan or basin into cold water. Whisk vigorously for 1 minute or so until the temperature drops below the danger point. Continue carefully as per the recipe.

Some people advocate using a small amount of corn-flour in an attempt to stop custards overheating and curdling. In our opinion, it is better to avoid using corn-flour. The temperature required adequately to cook the cornflour, to the point that you cannot taste the starch, is much higher than eggs can stand. And to add enough cornflour to hold the eggs at a sufficiently high temperature for a long enough time to thicken the cornflour completely changes the nature of the custard. Life is much easier if you use a thermometer.

Remove the pan from the cold water bath and transfer the custard to a bowl or jug. Cover and chill in the fridge. The mixture can be left overnight

at this stage. When ready, start the ice-cream machine. Stir the chilled cream into the custard. Either still-freeze or churn (see Freezing [page 80-81](#)) until the ice cream is the consistency of softly whipped cream.

Gelato made with Eggs Standard Italian Vanilla Gelato

This is a version of the classic Italian gelato. Usually made entirely with milk, it is therefore less creamy than for example Standard French Vanilla Ice Cream but it is also slightly colder and more icy. (For an explanation of this, see The Science of Ices [page 305](#)) However, the lower overrun, another characteristic of this ice cream, gives an increased density which has the effect of intensifying the flavour to something that is wholly milk, and is clean, clear and light. A seaside ice cream in every way and many people’s idea of what an ice cream should really taste like.

	Metric	US	Imperial
Milk	750 ml	3 cups	24 fl oz
Vanilla bean	1	1	1
Unrefined granulated sugar	165 g	³ / ₄ cup + 1 Tbsp	5 ³ / ₄ oz
Egg yolks	8	8	8
Makes about	800 ml	3 ¹ / ₄ cups	26 fl oz

Combine the milk, vanilla bean (split in half lengthwise) and half the sugar in a medium-sized (**not aluminium**) saucepan and bring to just below boiling point. Remove the pan from the heat, cover and leave aside for a minimum of 15 minutes to allow the vanilla flavour to develop.

Meanwhile, in a medium-sized heatproof bowl, combine the egg yolks with the remaining sugar and beat, preferably with an electric hand whisk, until the mixture is pale and thick.

Bring the milk back to boiling point, then pour it slowly in a thin stream on to the egg yolks and sugar, whisking steadily as the milk is added.

The bowl can now be placed over a pan of simmering water, or the custard can be returned to the saucepan, which is then put on top of a heat-diffuser mat so that it is not in direct contact with the heat. Only if you have an accurate thermometer and/or are confident that you will not overheat the sauce, should you put the saucepan over a gentle direct heat. Use a small non-metallic spoon or spatula* to stir the custard. As it heats over water, the custard will not suffer as long as it is stirred frequently and it will take from 5-30 minutes (depending on the thickness of the bowl or the pan) to thicken sufficiently, or reach 85°C/185°F.

Over direct heat the custard needs constant attention and will take about 8-10 minutes. Without a thermometer to judge if the custard has thickened sufficiently, remove the spoon and tilt the back of it towards you. Look first at the way the sauce coats the spoon. If it forms only a thin film, try drawing a horizontal line across the back of the spoon. This should hold a clear shape. If not, continue cooking the custard until it coats the back of the spoon more thickly and holds a clear line.

As soon as the custard has reached the right temperature or thickened sufficiently, remove the pan from the heat and plunge the base in a few inches of cold water. On no account should the custard be allowed to over-heat or boil as the mixture will curdle. (For how to deal with an overheated custard see opposite)

Leave to cool, stirring occasionally until the mixture feels as though it has never been heated.

Still or **stir freeze** (page 80) and then quickly scrape into plastic freezer boxes and cover with freezer film or greaseproof paper and a lid. Finally, label, and then freeze until firm which will take about 2 hours. Once frozen allow 20 minutes to soften in the fridge before serving.

***Do not use a whisk to beat the mixture as it cooks. This can introduce so much air into the mix that the temperature reading will actually drop.**

Gelato made with Cornflour/Cornstarch

This is a basic inexpensive gelato made in the conventional way using a cornflour/cornstarch-based custard over direct heat. It contains no eggs. It is the sort of ice cream that was made and sold by street sellers in the past.

	Metric	US	Imperial
Unrefined granulated sugar	165 g	³ / ₄ cup + 1 Tbsp	5 ³ / ₄ oz
Cornflour/cornstarch	3 Tbsp	3 Tbsp	3 Tbsp
Milk	750 ml	3 cups	24 fl oz
Vanilla bean	1	1	1
Makes about	800 ml	3 ¹ / ₄ cups	26 fl oz

Anyone who has ever made quantities of Bird’s Custard will know this method well.

In a medium size, heat-proof bowl mix the sugar and the cornflour/cornstarch. Add just sufficient of the measured milk from the recipe to form a thin paste, 2 to 3 tablespoons milk is usually enough. Bring the rest of the measured milk to the boil. Pour onto the blend, stirring, and then return it all to the pan. Bring to the boil, stirring constantly. As soon as it reaches boiling point remove from the heat and cool.

There is no need, as the instructions often say, to boil the cornflour/cornstarch mix. It only needs gently thickening and should remain easily pourable.

We found little help from the manufacturers on this subject so we contacted Harold McGee who confirmed our view that boiling a cornflour/cornstarch mix serves no useful purpose and it will ultimately become thin.

Chill and freeze the gelato according to the instructions for making Italian Gelato (see [page 75](#)).



GELATO WITH CHOCOLATE FUDGE SAUCE (PAGE 268)

How to Microwave Custards for Ice Cream or Gelato

Please see microwaves [page 51](#) to assess the accuracy of your microwave.

For all the following recipes you can use semi-skimmed or whole milk; the result using whole milk will be very slightly creamier.

We use a Bosch microwave at 900W. Higher and lower powered microwaves need the timing adjusting and we suggest you make a trial run using a thermometer. (See [page 51](#).) A 600W microwave will take 50% longer than a 900W one.

A curved-base, handled plastic jug is best to use in a microwave as you can easily hold the jug handle while whipping, to stop it spinning around and the handle remains cool so it is easy to lift out of the microwave without a cloth.

We always stand the jug or bowl on a heatproof glass plate in the microwave “just in case!”

Using eggs

The problem with making a custard-based ice cream or gelato, using eggs, is that you have to watch it like a hawk to ensure that the mixture does not boil. Follow the instructions in detail and the timing exactly. However once you have mastered the technique and got used to making custards in a microwave it is absolutely simple.

Using cornflour/cornstarch

Making a custard-based ice cream or a gelato using cornflour/cornstarch is simpler as you do not have to watch it so carefully. You will quickly get to a point where you can put it in the microwave and wait for the ping and not watch it at all.

Method

The method for both eggs and cornflour/cornstarch is almost the same.

Microwave Custard using Eggs

In a 2 litre (4 pint US), preferably rounded-based, handled, microwaveable plastic jug combine the egg yolks with the sugar and beat until they are thick and lemon coloured. Add the milk and beat well.

Microwave on 900W for two and a half minutes. Remove and beat briskly for about 10 seconds. (The temperature of the mixture will be about 55°C/130°F.)

Return to the microwave on 900W for another two and a half minutes. Beat briskly again. (The temperature of the mixture will be about

85Â°C/185Â°F.)

Now place the jug in a basin of cold water to stop the cooking immediately and allow to cool completely, stirring occasionally, before refrigerating. Chill completely. When ready add the chilled cream then either **still** freeze or **stir** freeze (page 80).

Microwave French Vanilla Ice Cream with Eggs

	Metric	US	Imperial
Egg yolks	3	3	3
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Milk	500 ml	2 cups	16 fl oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Vanilla bean	1	1	1
Makes about	1.25 litres	4 ¹ / ₂ cups	36 fl oz

Microwave Vanilla Gelato with Eggs

	Metric	US	Imperial
Egg yolks	3	3	3
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Milk	500 ml	2 cups	16 fl oz
Vanilla bean	1	1	1
Makes about	750 ml	3 cups	24 fl oz

Microwave Custard using Cornflour/ Cornstarch

In a 2 litre (4 pint US) preferably rounded-based handled, microwaveable plastic jug mix the sugar and the cornflour/cornstarch. Add just sufficient of the measured milk from the recipe to form a thin paste, 2 to 3 tablespoons milk is usually enough. When you have a thoroughly mixed paste add the rest of the milk.

Then microwave on 900W for two and a half minutes. Remove and beat briskly for about 10 seconds. (The temperature of the mixture will be about 55Â°C/130Â°F.) Return to the microwave on 900W for another two and a half minutes. Beat briskly again. (The temperature of the mixture will be about 85Â°C/185Â°F.)

Now plunge the jug into a basin of cold water to stop the cooking immediately and allow to cool completely, stirring occasionally, before refrigerating. Chill completely. When ready add the chilled cream before either **still** freezing or **stir** freezing.

Microwave French Vanilla Ice Cream with Cornflour

	Metric	US	Imperial
Cornflour/ Cornstarch	2 Tbsp	2 Tbsp	2 Tbsp
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Milk	500 ml	2 cups	16 fl oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Vanilla bean	1	1	1
Makes about	1.1 litre	4 ¹ / ₂ cups	36 fl oz

Microwave Vanilla Gelato with Cornflour

	Metric	US	Imperial
Cornflour/ Cornstarch	2 Tbsp	2 Tbsp	2 Tbsp
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Milk	500 ml	2 cups	16 fl oz
Vanilla bean	1	1	1
Makes about	625 ml	2 ¹ / ₂ cups	20 fl oz

Freezing Techniques

Having made your ice mixture there are basically two ways of freezing it. Choose one from the methods below. Then refer to the full explanation following.

Method 1. Still freezing. This is simply pouring the mix into a plastic box and freezing it. There is no mechanical agitation during freezing. See additional note below.

Method 2. Stir freezing. The mix is churned as it freezes. The churning may be either by hand or by electric motor.

Still Freezing in a domestic freezer

For successful still freezing we strongly recommend that you check the temperature of your freezer before you start (see fridges and freezers [page 70](#)).

Pour the chilled mixture into a strong polypropylene container, 23 Å— 16 Å— 8 cm/9 Å— 6 Å— 3 inches, to give a depth of mix of approximately 4 cm/1½ inches. Cover with a lid and put in the coldest part of the freezer. Check after 1-1½ hours; the mixture should have frozen to a firm ring of ice around the sides and base of the box, with a soft slush in the centre. Then either:

1. Beat for a few seconds with a sturdy electric hand beater until the mixture forms a uniform slush.

OR

2. Quickly process in a food processor to a uniform slush.

Quickly return the ice to the box, cover and put back in the freezer.

Repeat the beating or processing at least twice at intervals of 1-1½ hours. After the third beating, the ice will need freezing for a further 30-60 minutes to be sufficiently firm to serve. If freezer space is limited it may be more convenient to transfer it to a deeper, smaller box after the third beating.

Once frozen solid, transfer the ice to the main body of the fridge for about 20 minutes before serving.

NOTE: Alcohol-flavoured ices will take longer to freeze and you are best advised to make them the day before. However they will require less time to soften in the fridge and can sometimes be served almost directly from the freezer.

Stir Freezing (or Churning)

If using a chilled canister insert from a machine Make sure that the canister is fully frozen in your freezer and when shaken you hear no free liquid sloshing around. Overnight freezing is recommended.

If using a machine with a built-in compressor
Read the manufacturers instructions before starting.

Allow the necessary time to prepare and chill the machine, usually about 15 minutes. Set the machine in motion before pouring in the chilled mix.

Churning time takes anything from 15-30 minutes until the mixture has achieved a soft ice that will hold its own shape in the manner of softly whipped cream.

Be careful with rich ice creams. Churning for much over 30 minutes can turn the fat into butter flecks in the ice cream.

Using a machine, there is an enormous temptation to over-churn a sorbet as you see the volume increase. Try and resist this as it introduces too much air into the frozen mixture and will result in a fluffy consistency, more like compressed snow than a frozen water ice.

If you wish to serve the ice immediately, continue churning for up to 5 minutes to the stage where it is the consistency of moderately whipped cream.

Quickly transfer to a plastic storage box. Cover the surface of the ice with freezer film or greaseproof paper, which will minimise the formation of ice crystals, and then freeze.

Stir Freezing in Ice & Salt

If you want to make ice cream the original way using old equipment we must advise that much old equipment is made of lead-based pewter and therefore we cannot recommend this method other than for demonstrating the technique. We know of no one who makes a metal sorbettièrè today. However old ones are occasionally obtainable from antique dealers.

In the absence of an ice-making machine, purchase large bags of ice cubes from either a supermarket or wine shop. These cubes need breaking up into pieces about the size of large sugar cubes either in an ice crusher or place in large heavy-duty plastic bags, grasp the open end firmly closed and bash the ice with an old rolling pin. Fill the space between the filled canister and the bucket with alternate layers of ice and cooking salt in the following ratios.

The Ratio of Salt to Ice

Bucket size	For Making			For Hardening	
Ice	Salt Rock	Table cups**	Ice	Salt Rock	Table cups**
2qt* (1.9 l) 10 lb	2	1 1/3	5 lb	2	1 1/3
4qt* (3.8 l) 15 lb	3	2	5 lb	3	2
6qt* (5.7 l) 20 lb	3 1/2	2 1/2	5 lb	3 1/2	2 1/2

It is possible to make ice cream in approximately 10 minutes by this method.

*US quart = 32 fl oz

**US cup = 250 ml = 8 fl oz.

Storage Boxes

If the ice is not to be served immediately, stop at the softly whipped cream stage and quickly transfer it to a plastic storage box. Cover with freezer film or greaseproof paper placed directly on the exposed surface of the ice to exclude any air. Cover with a lid, label it and then freeze until firm enough to serve, approximately 1-2 hours. If frozen solid, transfer the ice to the fridge for approximately 15-30 minutes to soften sufficiently to serve.

While the large, shallow, flatter boxes are better for making granitas and still-freezing other ices, they take up a lot of space in an average-sized freezer.

Since it is preferable to fill boxes to capacity with an ice and thereby exclude as much moisture-laden air as possible, we recommend storing ices in polypropylene boxes of 1.2 litre/40 fl oz and 0.6 litre/20 fl oz capacity (See Equipment [page 46](#)).

These should be filled to within 6 mm/1/4 inch of the top to allow for expansion during freezing, and the surface of the ice covered with freezer film or greaseproof paper, which will minimise the formation of ice crystals.

It is extraordinary how quickly you forget what is in the freezer and how long it has been there. For this reason, be meticulous about labelling.

Shelf Life

Although ices will keep for years in a well maintained freezer and remain safe to eat, the eating qualities of such ices would leave a lot to be desired. We feel that as a general rule home-made ices are best eaten within 1-2 days of making. Uncooked ices should definitely be eaten within this period and cooked ones we tend not to keep for more than 1 month. Beyond this period flavours develop unpredictably.

Serving

Advertising has done a great disservice to ice cream in portraying hoardings and photographs of rock-hard balls of ice cream. In order to get the full flavour from ices, they need to be served one degree removed from melting.



Baked Alaska

In case this recipe is new to you, a Baked Alaska is, broadly speaking, a lump of ice cream, on a cake base, smothered in meringue and baked.

As to the origin of Baked Alaska what we do know is that Thomas Jefferson served ice cream baked in pastry in 1802 at a state banquet while he was president of the United States. The description was “ice cream, very good crust wholly dried, crumbled into thin flakes; a dish somewhat like a pudding”™. Count Rumford (1753-1814) is credited with originating this dish or at least the science of conduction of heat that is the principle behind the dish.

Baron Leon Brisse, writing in 1866, attributed it to a French chef Balzac who learned it from a Chinese colleague who had come to Paris with a Chinese mission. However, the Chinese version used pastry rather than meringue. Presumably Jefferson was introduced to it in Paris when he was there.

Baked Alaska has become whatever is the opposite of trendy, but it still excites curiosity. Popular in the 1950s and 1960s it is certainly due for a revival.

The origin of meringue is one of the great culinary myth areas and its true beginnings are unknown. The first records of it appear in the 17th century where it was known as “sugar puff”™. It lacked the name meringue.

Delmonico’s chef, Charles Ranhofer, in his cookery book (1893) refers to a dish called Alaska, Florida, which is rather odd. It seems to consist of two flavours of ice cream; half banana and half vanilla, formed in a cone-shaped mould. A larger cone of Savoy biscuit is moulded and baked. After baking the centre is cut out of the biscuit and the ice-cream cone inserted. The cone is then covered with meringue and baked. Ranhofer is reputed to have named (perhaps another version) Baked Alaska for a banquet held at Delmonico’s to celebrate the purchase of Alaska from Russia in 1867. He does not mention Baked Alaska in his cookery book. The name Baked Alaska does not seem to have been in use until the early part of the 20th century. The forerunner was probably the French omelette Norvégienne which was around in 1891 and was also known as Omelette Surprise. Mrs Marshall in Fancy Ices (1894) mentions Princess Marie d’Orléans Surprise Bomb, a white coffee bomb inside sponge cake covered in meringue and browned with a salamander.

Noting the recent resurgence of the prawn cocktail, we had been thinking that the Alaska recipe was overdue for a re-revival, (it had another burst of popularity in the early sixties) and it was while reading Ruth Watson’s recipe in her book, Something for the Weekend: With Eight Around the Table (Quadrille), that we became inspired. We had tried Baked Alaska for possible inclusion in our first edition of Ices, but had ruled it out as being too involved to make and unredeemingly sweet. In her book, Ruth presented the brilliant idea of using a shop-bought, hollowed-out panettone to encase ice cream. Working from this, we thought we could make a rum flavoured panettone ice cream using the left-over bits and the less sweet Italian meringue to cover the whole thing and that these slightly wintery flavours would make a very interesting and welcome alternative to the traditional Christmas pudding. Then we thought we could also offer a summer version; a panettone filled with strawberry ice, covered in the less-sweet meringue and served with either a red berries and/or a raspberry sauce. Hence the usual criticism of this pudding being too sweet would simply not be the case. It is not nearly as intimidating as it sounds. There is the panettone to hollow out, the ice cream and meringue to make, but this can be done the day before. The ice cream filled panettone, covered in meringue can sit ready in the freezer, overnight. All you have to do is switch on the oven before you sit down to eat. After the main course, transfer the Alaska from freezer to oven, bake for 8 to 10 minutes then serve. But do make sure there is plenty of freezer space available to take the meringue-covered panettone before baking.

NOTE: We found that a 25.5cm/10 in silver cake board, (these boards are referred to as “drums”™ by bakers) which appears to be made of compressed cardboard, was the ideal base on which to put the Alaska because it can move from freezer, to oven, to table with no problem. These can be bought in the cake-making section of most large supermarkets.

You will need a 500 g panettone which will serve 8-10 wedges.

Cut off the top where it joins the straight side. Hollow out the inside leaving a wall 10-20cm/ ½ -¾ in thick all round. Hollow out the top in a similar manner.

Put aside 100 g of panettone bits if making the panettone ice cream and spoon 125 ml/½ cup/4 fl oz of rum throughout the interior and top of the panettone. Put a sheet of clingfilm on top of the panettone and invert the hollowed-out lid to sit on top. Encase the whole thing in clingfilm and freeze.

Panettone Ice Cream

	Metric	US	Imperial
Panettone bits	100 g	3 ½ oz	3 ½ oz
Demerara sugar	300 g	1 ½ cups	10 ¼ oz
Whipping/heavy cream (36% fat)	750 ml	3 cups	24 fl oz
Vanilla extract	¼ tsp	¼ tsp	¼ tsp
Dark rum	3 Tbsp	3 Tbsp	3 Tbsp
Makes About	1.25 litres	5 cups	40 fl oz

Put the panettone bits in a food processor with the Demerara sugar and pulse until it forms uniform crumbs.

Pre-heat the grill at high. Line a grill pan with foil and spread the crumbs out evenly. Grill until the mixture is toasted to a medium/dark brown and on the point of burning. Keep moving the mixture around and returning it to the grill so all of it becomes equally brown. This should take no more

than 2 minutes; the sugar will have begun to melt and caramelize and the whole thing will be slightly smoky. Remove immediately and leave to cool. Break up the larger pieces with your fingers; some of the pieces will seem quite large, but this is no bad thing. It tastes great in the finished pudding.

In a large jug combine the cream, vanilla, 3 tablespoons of rum and half the crumb/sugar mixture. Cover and chill the cream mixture and keep the remaining crumbs, covered with clingfilm, on one side.

When ready, give the cream mix a good stir (it will probably have separated), then freeze according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#). As soon as the ice cream is ready, stir in the remaining crumbs and sugar bits. Quickly unwrap the panettone and remove the lid. Scoop the ice cream into the base and lid, and then level both surfaces. Put the lid back on top and apply a little gentle pressure to combine the two, then quickly wrap the whole thing closely in clingfilm and return it to the freezer.

About 12 hours before serving make up a batch of **Italian Meringue**, [page 284](#). Remove the panettone from the freezer, unwrap and use a blob of meringue to anchor it on the cake board. Now smother the whole thing in an even thickness of swirled meringue. Make sure the meringue covers the sides and meets the base of the board and do not leave too much meringue piled on top of the Alaska or it will not fit back into the freezer. Re-freeze. It will keep happily overnight, or until you are ready to bake it the following day.

Pre-heat the oven to 200°C/400°F/Gas Mark 6. Bake the Alaska for 8 minutes, or until a nice tawny brown. Serve immediately. It seems slightly easier to serve if you use a serrated bread knife to cut it in half, and then cut it in wedges thereafter.



Panettone Baked Alaska Summer Version

Here we have opted for a simple, uncooked ice cream.

Use the same size 500 g panettone, follow the method on [page 84](#), but use 100 ml of either kirsch, or framboise to moisten the base and lid, instead of rum. This version does not use the crumbs removed from the panettone; as Ruth says, “scoff them” !

Have the panettone, soaked in liqueur, wrapped and frozen in the freezer before making the strawberry ice cream.

	Metric	US	Imperial
Kirsch or framboise	100 ml	³ / ₈ cup	3 ¹ / ₂ fl oz
Fresh strawberries	680 g	1 ¹ / ₂ lb	1 ¹ / ₂ lb
Unrefined granulated sugar	300 g	1 ¹ / ₂ cups	10 ¹ / ₄ oz
Lemon juice	2 Tbsp	2 Tbsp	2 Tbsp
Whipping/heavy cream, chilled	315 ml	1 ¹ / ₄ cups	10 fl oz
Makes about	1.25 litres	5 cups	40 fl oz

Rinse and hull the strawberries then dry them thoroughly on kitchen paper. Put them in a food processor with the sugar and process briefly so the chunks of strawberry remain discernible. Pour this into a large jug then cover and chill.

When ready combine the cream with the strawberry puree and stir in the lemon juice, and then freeze according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#). Then immediately use to fill the panet-tone base and lid, as described above.

Quickly re-wrap and return to the freezer and continue to follow the method above, for making the meringue, using it to cover the panettone, re-freezing and baking the Alaska.

Serve with fresh red berries, and/or **Raspberry Sauce** (see [page 272](#))



ALMOND & LEMON GELATO CAPRILÀ

Almond & Lemon Gelato – Caprilà

One of the very best ice creams we have tasted for a long time was in Capri, at Ferdinando Buonocore’s bakery and gelateria. In fact his ices are one of our two most favourite in the whole of Italy. (The other was Mana flavoured at Alberto Pica’s in Rome.) Buonocore’s speciality is Caprilà which is an almond and lemon gelato. When we were filming in Capri we met him in his laboratoria and at his gelateria. Although he would not divulge the recipe, he did tell us the ingredients, so this is our attempt to duplicate his delicious ice cream. Ah! Capri.

	Metric	U. S.	Imperial
Lemons	3	3	3
Whole almonds	200 g	1 cup	7 oz
Sugar	235 g	1 ¼ cup	8 ¼ oz
Whole milk	750 ml	3 cups	24 fl oz
Egg yolks	8	8	8
Clear honey	85 ml	⅓ cup	2 ¾ fl oz
Lemon juice to taste	2-3 tsp	2-3 tsp	2-3 tsp
Makes about	750 ml	3 cups	24 fl oz

Wash and scrub the skins of the lemons in hot soapy water, rinse well, and then dry. Remove the zest from the lemons with a zester and chill the zest in the fridge. Squeeze one of the lemons and set aside.

Remove the skin from the almonds by putting them in a pan of boiling water; boil for 1 minute; drain in a sieve, sluice with cold water. The skins will slip off quite easily. (We find that blanched (skinned) almonds never have as good a flavour as the whole ones.) Chill the almonds in the fridge.

Put the zest and the chilled skinned almonds into a food processor with half the sugar and pulse in short bursts until the zest has completely been incorporated into the sugar and almond mix, and the mix is the texture of the sugar; do it in short bursts so as not to generate too much heat in the food processor. If the mixture heats it gets oily. Chilling everything helps prevent this.

Now using the remainder of the sugar, the egg yolks and the milk proceed according to the recipe for **Standard Italian Gelato** [page 75](#). Once the custard is cooked stir in the honey, then the processed almonds, sugar and lemon zest then cool, cover and chill in the fridge.

When ready, taste and add the lemon juice, if liked, a teaspoon at a time. In this gelato you should be able to taste the almonds, lemon and honey clearly. Then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving. Serve it just on its own.

Almond Granita

It is very difficult getting the almond flavour in a water ice and we have tried many methods, but this one really does achieve it. It produces a wonderfully refreshing granita, which relies on orgeat, a syrup made from almonds, sugar and flower water that is used extensively in cocktail-making. We expressly recommend French orgeat and no other. Using almonds alone simply produces a gritty, rough ice with a rather unpleasant aftertaste.

	Metric	US	Imperial
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Orgeat	8 Tbsp	8 Tbsp	8 Tbsp
Water, chilled	700 ml	2 ¾ cups	23 fl oz
Lemon juice	3 Tbsp	3 Tbsp	3 Tbsp
Slivered toasted almonds for decoration			
<i>Makes about</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

Combine the chilled syrup, orgeat and chilled water in a jug and stir thoroughly. Add 2 Tbsp of the lemon juice, taste and add the third, if necessary. Do not worry if it tastes rather flat, freezing and the texture improve the taste out of all recognition.

For detailed instructions on how to make a **Granita** see [page 71](#).

Serving: decorate with the slivered, toasted almonds.

Amaretto Parfait

	Metric	US	Imperial
Egg yolks	4	4	4
Sugar syrup (see page 70)	185 ml	¾ cup	6 fl oz
Whipping cream	250 ml	1 cup	8 fl oz
Amaretto	1-4 Tbsp	1-4 Tbsp	1-4 Tbsp
<i>Makes About</i>	<i>1.25 litres</i>	<i>5 cups</i>	<i>40 fl oz</i>

Method see [page 71](#).

Angelica Sorbet

Associating angelica with the crystallised green bits on the top of trifle and butter-cream covered cakes, we were unsure whether fresh angelica would make a good sorbet. Though the result is not to everyone’s taste we were agreeably surprised. We found the flavour very complementary to other fruits, such as rhubarb and apple, and exquisite with soft red berries and peaches.

We originally tried angelica leaves, but young or old they are inclined to be bitter when used in the quantity needed to flavour a sorbet. Using the fresh stalks alone gave us exactly the flavour we were looking for.

	Metric	US	Imperial
Fresh angelica stem 1.25 cm or ½ inch thick	22 cm	9 inch	9 inch
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Water	125 ml	½ cup	4 fl oz
Lemon juice	2 Tbsp	2 Tbsp	2 Tbsp
Dry white wine	65 ml	¼ cup	2 fl oz
<i>Makes about</i>	<i>500 ml</i>	<i>2 cups</i>	<i>16 fl oz</i>

Wash carefully, dry and cut the angelica stem in 2.5 cm/1 inch pieces. Put them in a non-reactive saucepan with the sugar syrup and the water. Bring to the boil and boil gently for 2 minutes. Remove from the heat, add the wine and lemon juice and cool overnight in the fridge. When ready, strain the mixture and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within one hour or if frozen solid, it will then need about 30 minutes in the fridge before it is soft enough to serve.

NOTE: Angelica plants (*Angelica archangelica*) can be bought at nurseries specialising in herbs, but beware “ they grow very large.

Bramley Apple Ice Cream

As firm champions of British apples, and cooking apples in particular, we were trying to get a no-nonsense Bramley flavour to come through in this ice cream. We achieved it by marbling apple puree through a vanilla ice cream.

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Vanilla bean	1	1	1
Unrefined granulated sugar	200 g	1 cup + 2 tsp	7 oz
Egg yolks	6	6	6
Bramley/sour apples	500 g	1 ¼ lb	1 ¼ lb
Grated lemon zest	1 tsp	1 tsp	1 tsp
Lemon juice	1 tsp	1 tsp	1 tsp
Water	2 Tbsp	2 Tbsp	2 Tbsp
Unrefined granulated sugar	2 Tbsp	2 Tbsp	2 Tbsp
<i>Makes about</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

Using the above quantities of milk, vanilla, sugar and egg yolks, prepare and cook the custard according to the method for making **French Vanilla Ice Cream** (see [page 72](#)). Cover and chill in the fridge.

To prepare the apple, peel, quarter and core the apples and slice immediately into a pan containing the grated zest, lemon juice and water. Toss the apple slices in this as you work to prevent them browning. Transfer the pan to the heat and cook, covered, over a very low heat, until they have softened to a pulp; about 15 minutes. Remove the pan from the heat, stir in the 2 Tbsp of sugar then recover, cool and chill in the fridge.

When ready, either **still** or **stir freeze** ([pages 80 to 81](#)) When frozen quickly scrape the ice cream into a plastic freezer box at least 1 litre/4 cups/32 fl oz capacity and fold in the chilled apple pulp. Do not worry if this is not done evenly, marbling adds character to the ice cream. Level the surface, cover with a piece of freezer film or greaseproof paper and a lid, label then freeze.

Serve within one hour or if frozen solid, it will then need about 30 minutes in the fridge before it is soft enough to serve.

Good served with **Cider Sorbet** (see [page 136](#)), and/or **Light Lemon and Sultana Sauce** (see [page 270](#)) or hot stewed blackberries. A little esoteric but well worth trying: serve with hot elderflower fritters and lemon sauce minus the sultanas.



Apple & Verbena Sorbet

Verbena is a herb that does not feature very often, perhaps because it needs such careful use; too much in the wrong place calls to mind the smell of soaps and cosmetics, and the association can ruin the enjoyment of the food. It is an unusual lemon flavour, slightly old-fashioned, but one that works very well with apples, making a sorbet that marries well with a vanilla ice cream.

NOTE: The apple contributes a fair amount of pectin and fibre to this sorbet, making it denser when frozen, so it will need some 30 minutes in the fridge before it is sufficiently soft to serve.

	Metric	US	Imperial
Sprigs of verbena	2 x 13 cm	2 x 5 inch	2 x 5 inch
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Granny Smith/ sharp apples	675 g	1 1/2 lb	1 1/2 lb
Juice of lemons	2	2	2
Water	125 ml	1/2 cup	4 fl oz
Makes about	750 ml	3 cups	24 fl oz

Rinse the sprigs of verbena and pat dry. Put one sprig into a medium-sized saucepan with the syrup and bring slowly to simmering point. Meanwhile peel, quarter and core the apples. Then immediately slice them thinly directly into the hot syrup to limit them browning. Bring back to simmering point, then cover and cook gently until the apple slices are tender. Remove the pan from the heat and leave to cool for 15 minutes.

Remove the sprig of verbena from the poached apples and transfer the contents of the saucepan to a food processor or blender. Add a further dozen leaves from the remaining sprig of verbena, the strained lemon juice and the water. Blend until the apples are reduced to a smooth puree and the verbena is finely chopped. Taste to assess the verbena flavour, and add up to a further dozen leaves. Transfer the puree to a jug, cover and chill in the fridge. When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

Serve within one hour or if frozen solid, it will then need about 30 minutes in the fridge before it is soft enough to serve.

Pippin & Rose Petal Ice Cream

This is an ice cream for an Indian summer, when roses start to look blowzy and the first of the Cox's Orange Pippins arrive in the shops. We used the petals of a small, pale pink, scented rose, a hybrid musk called Felicia, both to infuse the cream and torn up in the made ice cream, and found it, combined with the flavour of the apples, to produce an exquisite ice. However, do not worry if you cannot get this particular variety, simply use any highly scented rose variety available. (For suggested varieties see Rose Petal Ice Cream [page 221](#)). Decorate the ice with a few crystallised rose petals scattered over each serving. Admittedly a very feminine ice cream.

NOTE: Please be sure that you use untreated roses i.e. unsprayed roses only, and that they are freshly picked.

	Metric	US	Imperial
Rose heads	4	4	4
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Cox's Orange Pippins/Pippins	450 g	1 lb	1 lb
Lemon	1/2	1/2	1/2
Unrefined granulated sugar	150 g	3/4 cup	5 1/4 oz
Makes about	1 litre	4 cups	32 fl oz



PIPPIN AND ROSE PETAL ICE CREAM

Take 3 heads of the roses and pull away the petals on to a plate. Sort through them carefully (they can carry a surprising amount of wildlife) and discard any damaged outer petals. Put them into a saucepan with the cream and bring to the boil, then remove from the heat, cover and leave to infuse. Taste after 30 minutes to see if the flavour is strong enough to flavour both the cream and the apple. How long this will take varies considerably according to the type of rose. Strain the cream, pressing the rose petals firmly to extract all the cream and flavour.

Peel, core and slice the apples thinly. If possible, cook them in a microwave as this method needs no additional water. Simply put the apple slices into a large shallow microwave casserole so that they are distributed in a thin layer. Squeeze the lemon juice over the apples, cover and microwave on full heat for about 4 minutes or until the apple forms a soft pulp. Otherwise, cook gently with an additional 30 ml/2 Tbsp of water in a covered saucepan until the apples are soft.

Transfer the pulp to a food processor or blender, add the sugar and blend to a smooth puree. Pour into a bowl, cover and chill in the fridge until ready to use.

Combine the flavoured cream with the apple puree. Then, either **still** or **stir freeze** ([pages 80](#) to [81](#)).

While the ice cream is left to churn prepare the remaining rose heads in the same way, then tear the petals into small pieces.

As soon as the ice has churned to the consistency of whipped cream, quickly scrape into plastic freezer boxes, sprinkling with the rose petals as you go. Stir once or twice to mix evenly, smooth the surface, then freeze for a minimum of 1 hour. Allow approximately 20 minutes in the fridge before serving, if frozen hard. Serve this ice cream as fresh as possible. Do not store for more than 3 days.

Apricot & Cardamom Sherbet

A light, clean combination of milk, fresh apricots and a subtle spicing of cardamom.

	Metric	US	Imperial
Fresh apricots	450 g	1 lb	1 lb
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Cardamom pods	2	2	2
Whole milk, chilled	250 ml	1 cup	8 fl oz
Lemon juice	generous squeeze		
Makes about	750 ml	3 cups	24 fl oz

Rinse, dry, halve and stone the apricots. Put the fruit in a pan with the sugar syrup and lightly crushed cardamom pods. Bring to the boil, then cover and simmer gently for 5-10 minutes or until the fruit is just tender. Remove from the heat and leave to cool. Discard the cardamom pods before transferring the contents of the pan to the food processor or blender. (If the cardamom pods are pureed with the fruit the flavour could be a little too strong.) Blend the fruit to a smooth puree, and then check the consistency; some varieties of apricot can be fibrous in a way that neither food processor nor blenders can break down, so it may be necessary to sieve the puree at this stage. Transfer to a bowl then cover and chill in the fridge. Combine the apricot puree, chilled milk and sugar syrup, then taste and flavour with a squeeze of lemon juice. Then, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or if frozen solid, allow 20 minutes in the fridge to soften sufficiently for serving.

Apricot, Honey & Yoghurt Ice

An excellent store-cupboard ice cream that is easily made.

	Metric	US	Imperial
Canned apricots in syrup	425 ml	15 fl oz	15 fl oz
Honey, clear	3 Tbsp	3 Tbsp	3 Tbsp
Unrefined granulated sugar	75 g	3/8 cup	2 3/4 oz
Cornflour/ cornstarch	2 tsp	–	2 tsp
Apricot brandy	1 Tbsp	1 Tbsp	1 Tbsp
Greek-style (full fat) yoghurt	360 g	1 1/2 cups	12 3/4 oz
Makes about	1.25 litres	5 cups	40 fl oz

Pour the contents of the can of apricots into a food processor or blender. Add the honey, then the sugar mixed with the cornflour and pulse until mixed. Pour into a pan and bring to the boil, stirring. Boil gently for 2-3 minutes then remove from the heat and cool. Stir in the apricot brandy and the yoghurt and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within one hour or if frozen solid, it will then need about 30 minutes in the fridge before it is soft enough to serve.



Apricot Sorbet

Apricots are one of the most disappointing of the soft fruits. They promise much but so seldom deliver – the flavour being woolly and elusive. By contrast dried apricots are much more reliable and suffer no seasonality.

	Metric	US	Imperial
Dried apricots	250 g	8 oz	8 oz
Boiling water	750 ml	3 cups	24 fl oz
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Juice of lemons, strained	3	3	3
Bitter almond essence	2 drops	2 drops	2 drops
<i>Makes about</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

Rinse the apricots and put them in a medium-sized saucepan. Pour in the boiling water, cover and leave aside for 1 hour. Place the pan over the heat and bring to the boil. Now adjust the heat to a gentle simmer and cook covered for about 15 minutes or until the apricots are tender. Put straight into a food processor or blender; blend to a smooth puree, then sieve and add the sugar syrup and the strained lemon juice. Add 2 drops only of bitter almond essence, as this flavouring should be very subtle. Taste and add more lemon juice, if preferred. Transfer to a container; cover and chill in the fridge

When ready, strain the mixture and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within one hour or if frozen solid, it will then need about 30 minutes in the fridge before it is soft enough to serve.

Avocado Ice Cream

*That an avocado is not a starter, forever wedded to vinaigrette, prawns or crab, is still inclined to shock. If you might be facing this sort of resistance, slip this ice cream into a selection of **Honey and Toasted Walnut** (see [page 171](#)), **Espresso coffee** (see [page 141](#)), and **Buttermilk** (see [page 109](#)).*

	Metric	US	Imperial
One recipe Standard French Vanilla Ice Cream (see page 72), omitting the vanilla bean and substituting			
Vanilla extract	1/4 tsp	1/4 tsp	1/4 tsp
Avocados/Haas, fully ripe	3	3	3
Lemon juice	1 tsp	1 tsp	1 tsp
<i>Makes about</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

Make a custard following the instructions for **Standard French Vanilla Ice Cream** (see [page 72](#)), substituting the vanilla extract for the vanilla bean. Stir in the vanilla when the thickened custard is removed from the heat.

Leave the pan containing the custard sitting in cold water whilst you halve and scoop the avocado flesh from the shells into a food processor or blender. Pour in the warm custard and blend until smooth. At this stage, strain the mixture through a sieve into a bowl. It will need stirring to persuade the mixture through the sieve as it is quite a thick consistency. Taste the custard and add sufficient lemon juice to bring forward the taste of the avocado. Then insert a piece of buttered greaseproof paper to lie directly on the surface of the custard and seal it to the edge and up the side of the bowl; this excludes the air and stops the avocado discolouring in the fridge.

NOTE: Because the avocados are prone to discolour it is best to make the ice cream as soon as the mixture has chilled. The colour will deaden and brown, the longer the mixture is left. When ready, strain the mixture and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Avocado & Coffee Ice Cream

Es Krim Adpokat

This startling combination for a dessert ice cream comes from Thailand. Don't attempt it unless the avocado pears are bordering on the overripe; i.e. soft to the touch but undamaged.

	Metric	US	Imperial
Whole milk	625 ml	2 1/2 cups	20 fl oz
Unrefined granulated sugar	225 g	1 cup + 2 Tbsp	8 oz
Instant coffee granules	1 tsp	1 tsp	1 tsp
Vanilla extract	1/2 tsp	1/2 tsp	1/2 tsp
Avocados/Haas, really ripe (approx 4)	800 g	1 3/4 lb	1 3/4 lb
Makes about	900 ml	3 3/4 cups	30 fl oz

Combine the milk, sugar and coffee together in a saucepan and bring to just below boiling point. Remove the pan from the heat and stir in the vanilla extract. Leave on one side whilst you halve the avocados and remove their stones. Then use a spoon to scoop out the flesh into a food processor or blender. Blend until smooth then, with the machine still running, pour in the milk mixture via the funnel. If the food processor is not large enough to take all the liquid, simply add as much as it will accommodate. When the mixture seems smooth, strain it to remove any pieces of avocado or flakes of brown skin from around the stone. Whisk in any remaining milk mixture. This mixture will lose its luminous green and discolour the longer it is left, so cover closely with buttered greaseproof paper, pushing it down directly on to the surface of the liquid and on to the sides of the jug to exclude as much air as possible. Then refrigerate. Once the mixture has cooled sufficiently either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve with a drizzle of **strong coffee syrup** [page 275](#) or **sesame seed brittle** [page 285](#).

Baileys® Original Ice Cream

A very simple, very successful recipe. Thanks to the Baileys, the ice cream has quite a high alcohol content, which has the effect of lowering the freezing point. This means the ice cream never reaches a firm enough stage to serve from the churn. It will definitely need overnight in the freezer to get cold enough and harden sufficiently. Do not be tempted to add more Baileys to the ice-cream mixture as, if you do, it will probably never freeze in a normal domestic freezer. Better to pour some Baileys over the ice cream when it is served.

Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Whole milk	500 ml	2 cups	16 fl oz
Unrefined granulated sugar	200 g	1 cup + 2 tsp	7 oz
Baileys® Original Irish Cream	125 ml	1/2 cup	4 fl oz
Makes about	1.25 litres	5 cups	40 fl oz

Combine the ingredients and stir occasionally until the sugar dissolves. Cover and chill in the fridge.

When ready, strain the mixture and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Freeze overnight. This ice cream can be served straight from the freezer.

DRUNK IN CHARGE OF ICE CREAM BARROW

Antonio Coccozza, Gallowgate, Glasgow, was fined Â£1 or 10 days in Glasgow Central Police Court yesterday for being drunk while in charge of an ice cream barrow in Argyle Street at Stockwell Street. He said it was his first offence.

THE ICE CREAM INDUSTRY MAGAZINE, JULY 1938

Roast Banana Gelato

Roast bananas have a very different flavour from uncooked ones. This recipe takes full advantage of this wonderful sweet mellowbaked banana flavour. However the bananas MUST be ripe and one of the best ways to tell if they are really ripe is to check that they are spotty on the skins and not hard to the touch.

	Metric	US	Imperial
Bananas (about 22cm/9" each)	3	3	3
Egg yolks	3	3	3
Unrefined granulated sugar	150 g	3/4 cup	5 1/4 oz
Whole milk	500 ml	2 cups	16 fl oz
Makes about	1 litre	4 cups	32 fl oz

Heat the oven to 190Â°C/ 375Â°F/ Gas Mark 5.

Line a baking dish or tray with foil and place the bananas, in their skins, on the foil. Bake for 15 minutes or until the skins are black and begin to burst open. Then remove from the oven and using a knife and fork, cut the ends off, open up the banana skins and scoop out the pulp into a bowl and discard the skins; mash the pulp, cover and leave to cool. Make the gelato according to the recipe for **Standard Italian Gelato** [page 75](#). Then take the hot custard and beat in the banana pulp. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve with roasted pineapple, or figs.



Banana Ice Cream

Dead simple, no problems and excellent result. The only thing is to keep your nerve with the bananas. Let them ripen to the stage where they are about two-thirds black and the flavour of the ice cream will be excellent.

	Metric	US	Imperial
Bananas, very ripe	4	4	4
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Vanilla sugar (see page 61)	200 g	1 cup	7 oz +2 tsp
Whole milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat), chilled	250 ml	1 cup	8 fl oz
Makes about	1 litre	4 cups	32 fl oz

Peel the bananas and cut into chunks. Put them into a food processor or blender with the lemon juice and sugar and blend until smooth. Add the milk and process again, briefly. Pour into a jug and insert a piece of cling-film directly on top of the liquid, sealing the clingfilm right up to the edge then up the side of the jug. Excluding the air in this way will minimise the discolouration of the banana. Chill in the fridge. As soon as the mixture is chilled, combine with the chilled cream. Then, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

VARIATION: Banana Rum/Gin. The banana flavour not only marries well with rum but also with gin. Add the alcohol gradually after the chilled cream, a tablespoon at a time, tasting as you go. Up to a maximum of 4 tablespoons.

Banana, Brown Sugar & Peanut Brittle Ice Cream

One recipe **Banana Ice Cream** (see opposite), omitting the vanilla sugar and substituting soft brown sugar.

One recipe **Peanut Brittle** (see [page 285](#)).

Makes about 1 litre 4 cups 32 fl oz

Make the banana mixture following the instructions for **Banana Ice Cream** (see opposite), substituting soft brown sugar for the vanilla sugar. Seal closely with cling-film and leave to chill in the fridge.

Meanwhile, prepare the **Peanut Brittle** following the instructions on [page 285](#), and leave to cool and harden. Break the solidified brittle into small nugget-sized pieces by pounding, not too forcefully, in a mortar and pestle. It is best not to reduce it to a powder as this dissolves in the ice cream; it is much better to come across crisp bits of nutty caramel.

Sprinkle the peanut brittle onto the frozen ice cream and stir two or three times before levelling. Then **store**. Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

THE MUSSOLINI ATTITUDE

An ice-cream seller, Albert Amerigo summoned at West Hartlepool Police Court for obstructing the highway, said that P.C. Stubbs, who told him to move his cart, added the remark, "Do you think you are Mussolini that you can stand where you like?" P.C. Stubbs denied that he made the remark attributed to him. "I did say," he explained "You cannot take the Mussolini attitude." Amigo was fined 5/- (five shillings).

THE ICE CREAM INDUSTRY MAGAZINE, APRIL 1935

Banana Yoghurt Ice

	Metric	US	Imperial
Bananas, peeled (4 or 5)	350 g	12 oz	12 oz
Honey, clear	2 Tbsp	2 Tbsp	2 Tbsp
Greek/Russian style (full fat) yoghurt	240 g	1 cup	8 1/2 oz
Juice of lemons, strained	1 1/2	1 1/2	1 1/2
Makes about	750 ml	3 cups	24 fl oz

Cut the bananas into chunks, put them in a food processor and blend with the honey. Liquidise until smooth then add the yoghurt and blend again,

until smooth. Stop the machine and add strained lemon juice to taste. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Banana & Fudge Ripple Ice Cream

1 recipe **Banana Ice Cream** [page 95](#) and 125 ml/ ½ cup/4 fl oz **Chocolate Fudge Sauce**. For recipe and method see [page 268](#).

Banoffee Pie Ice Cream

With apologies to the Hungry Monk restaurant near Eastbourne in England, who claim to have come up with the original recipe for Banoffee Pie in 1972. This is their pie done as an ice cream. We have tried to stick to the spirit of the original recipe and retain all its star qualities. The unusual element is the butter in the ice-cream mix. This will be softly set just before freezing and it is for this reason we prefer to stir freeze this mix, as a continuous motion is needed to incorporate the butter evenly into the freezing ice cream.



BANANA AND FUDGE RIPPLE ICE CREAM

We thought it was worth sticking with this recipe because it makes a good, fudgey-tasting ice cream.

	Metric	US	Imperial
BISCUIT BASE			
Digestive Biscuits (approx 16 biscuits)	255 g	9 oz	9 oz
Butter	100 g	1/2 stick	4 oz
ICE CREAM			
Butter	100 g	1/2 stick	4 oz
Dark soft brown sugar	100 g	2/3 cup	4 oz
Condensed milk (1 can)	397 g	14 oz	14 oz
Whole milk	625 ml	2 1/2 cups	20 fl oz
TOPPING			
Whipping/ heavy cream (36% fat)	375 ml	1 1/2 cups	12 fl oz
Small bananas	4	4	4
<i>Makes about 6-8 portions</i>			

You will need a 20 cm/8-9 inch springform tin with a removable base. Line the base with a circle of silicone paper.

To make the base put the biscuits in a food processor. Melt the butter in a small saucepan and pour into the processor. Blend until the biscuits are uniformly ground to fine crumbs and mixed with the butter. Lightly smooth the mixture in the base of the springform tin; cover with a plate and put in the fridge to chill. (Note: If the crumb base is pressed in too firmly it is quite difficult to cut through when serving.)

For the ice cream combine the sugar and butter in a 20 cm/8 inch saucepan and melt over a low to moderate heat. When the mixture is smooth and bubbling stir in the condensed milk and bring to the boil. As soon as the mixture is boiling in the centre as well as around the edge, time it for 2 minutes and continue boiling, stirring frequently. Remove the pan from the heat and gradually stir in the milk. Leave to cool then cover and chill in the fridge. During chilling the butter will come to the surface and lightly set. Do not worry; this is absolutely as it should be. During churning it will become incorporated into the mix.

When ready, churn the condensed milk mixture according to the instructions on [page 80](#). Gently spread the frozen ice cream onto the biscuit base in the spring-form pan. Cover the ice cream closely with clingfilm and transfer to the freezer overnight.

About 50 minutes before serving, beat the cream until it is just stiff enough to hold a shape. Peel 3 of the bananas and thinly slice lengthways. Remove the pie from the freezer and remove the clingfilm, but leave the outside ring of the springform in place. Cover the surface of the pie with a single layer of sliced bananas. (Slicing them in this manner means the pieces stay in place when you spread over the whipped cream.) Whip the cream so it just holds a shape then spread over the bananas. Replace the pie in the fridge and leave for about 45 minutes until it is soft enough to serve.

As a final flourish you can decorate it with slices of the remaining banana. Just a little of the **Strong Coffee Syrup**, [page 275](#) can be swept in straight lines, back and across the top or sprinkle with some coffee grounds if preferred.





Bay Leaf, Lemon & White Wine Granita

The flavour of bay is usually associated with savoury recipes, but its strange flavour, best described by Tom Stobart as “balsamic”™, works very well in sweet dishes. Bay leaves are not very consistent in flavour so start with six and taste carefully.

	Metric	US	Imperial
Bay leaves, fresh	6	6	6
Water	250 ml	1 cup	8 fl oz
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Asti Spumante	500 ml	2 cups	16 fl oz
Fresh lemon juice	250 ml	1 cup	8 fl oz
Fresh lime juice	4 Tbsp	4 Tbsp	4 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Put the bay leaves and water into a small saucepan. Bring to the boil and boil gently for 3 minutes. Remove the pan from the heat. Add the sugar. Stir, cover and leave aside until cold. Stir in the remaining ingredients, cover and chill in the fridge.

For detailed instructions on how to prepare a **Granita** see [page 71](#).

Bay Leaf Ice Cream

*We have come to think of bay leaves as flavouring for savoury dishes alone, but in Victorian times they were commonly used to flavour “cold forms”™, such as blancmanges/cornflour moulds. The resulting ice cream is unusual, and unusually good, especially when served with warm poached fruits such as pears, or rhubarb, or dried fruit compotes. Accompany with crisp, **almond wafer biscuits** or **tuiles** (see [pages 278](#) to [279](#).)*

	Metric	US	Imperial
One recipe Standard French Vanilla Ice Cream (see page 72) omitting the vanilla bean and substituting			
Bay leaves, dried	3	3	3
Makes about	750 ml	3 cups	24 fl oz

Make the custard following the instructions for making **Standard French Vanilla Ice Cream**, substituting the bay leaves for the vanilla bean.

Leave the bay leaves to infuse in the custard throughout the cooking, cooling and chilling, removing them just prior to churning and freezing the ice cream. When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Japanese Red Bean Ice Cream

In Japanese cooking adzuki (or azuki) beans, boiled, mashed and sweetened, are a base for many sweets and cakes from the traditional yokam, a jellied sweetmeat served with tea, to a much more Western-based newcomer, red bean ice cream. Served as a dessert, it is generally available in Japanese hotels and ice-cream parlours, a recent import to Japan. The sweetened red bean paste can be made at home, but to try this ice cream for the first time it is simpler to buy a can of the ready cooked, sweetened red beans from a Japanese food shop. The brand we use is called Santa and the can reads, “Prepared red beans, “Yude Azuki”™.â€™

Mirin, a very sweet rice wine, can also be bought from Japanese food shops; buy the type labelled hon-marin, meaning naturally brewed. Donâ€™t be put off if the result looks like frozen Mexican re-fried beans, the flavour is delicious.

	Metric	US	Imperial
One can prepared red beans (sweetened)	235 g	8 1/4 oz	8 1/4 oz
Mirin	3 Tbsp	3 Tbsp	3 Tbsp
Sugar syrup (see page 70)	125 ml	1/2 cup	4 fl oz
Whipping/heavy cream (36% fat)	185 ml	3/4 cup	6 fl oz
Salt	pinch	pinch	pinch
Lemon juice	1-2 tsp	1-2 tsp	1-2 tsp
Makes about	625 ml	2 1/2 cups	20 fl oz

Empty the contents of the can into a measuring jug and use a good old-fashioned potato masher to half-crush the beans. Stir in the remaining ingredients, then cover and leave to chill in the fridge. When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Bisquit Ices or Bisquit Tortoni

Bisquit ices were ices to which biscuit, cake, shortbread and even breadcrumbs, toasted or plain, were added during the final stages of freezing, before hardening and storage.

However Bisquit/Biscuit ices are something that have practically disappeared.

We are hoping that these will now be revived as they are simply delicious. The slight texture and nuance of flavour makes for a very interesting ice cream.

Possibly, brown bread ice cream, which first appeared in Emy (1768), could be regarded as the forerunner of Biscuit ice cream. Emy also has a recipe for ratafias biscuit ice cream. (For two variations of brown bread ice cream see [page 106](#).)

It was Arthur Schwartzâ€™s book, New York City Food that sparked our curiosity on the whole subject of Biscuit Tortoni. Hundreds of hours later it has become an obsession. Sounding at once both French and Italian, it is in fact a peculiarly New York dessert. Schwartz had tried to find it in Naples but, like us, could not find it in Naples, Rome, Sicily or in fact anywhere in Italy.

So, was there a Mr Tortoni? Was he a chef or restaurateur? Why was it called Bisquit? And why is every version so very different? Is there a “correct” or “original” recipe? And what about those dinky little paper cases in which the authentic Bisquit Tortoni used to be served?

This became an irresistible area for research. Spend some time on the internet and you will get dozens of recipes, all different. Many sites send you to Fanny Farmer 1st edition in 1918 “Biscuit Tortoni in Boxes” beyond this, references to the recipe were hard to find. The

earliest recipe we have found for Biscuit Ices is in Menon Le Science dâ€™Maitre dâ€™Hotel, Confiseur in 1760. Biscuits de Glace.

When Menon mentions Biscuit he is referring to a muffin-type bun with a crisply sugared top which he calls glace.

â€”Make six biscuits in paper case; when they are done delicately remove the crisp tops (glace) taking care not to break them, and keep them in the stove wrapped in a napkin.

Dry the biscuit crumbs until they can be pounded until they are powdered like sugar, which you then pass through a sieve --â€”

You then make an ice cream adding the crumbs after it is churned. The ice cream is put back into the paper case and the reserved â€”glaceâ€™ top put on top of the Biscuit ice cream like a hat.

â€”so that they can be served like biscuits in cases.â€”

Menonâ€™s recipe seems to be the original biscuit recipe. There are no previous recipes for biscuit ice cream that we have been able to find. Subsequent books that mention Biscuit ices are not uncommon, but no reference is made to the distinctive paper case.

Escoffier in his memoirs notes that at a dinner in a private salon at Le Petit Moulin Rouge in Paris in July 1874, Gambetta entertained The Prince of Wales (later King Edward VII) to dinner with another diplomat.

Escoffier is convinced that on this significantly historic occasion, the subject discussed was the Entente Cordiale, signed later in 1907. And the dessert was Biscuit Glac  Tortoni. So far, we have been unable to find this recipe in the Escoffier Foundation Library in France.

Alessandro Filippiniâ€™s book, The Table, in 1889, has recipes for both Bisquits Glac s which have to be served â€”in square paper casesâ€™, but also has a recipe for Bisquit Tortoni which must be served in â€”round fancy paper cases, instead of square onesâ€™. He goes so far as to describe a frame to hold the filled paper cases while freezing in a tub of ice and salt.

Here, the trail was definitely warming up, as Filippini was chef at the most famous restaurant in New York, Delmonicoâ€™s. This was one of the top jobs for a chef as, for almost 100 years, Delmonicoâ€™s various restaurants were considered to be the best in New York.



Now, for the obsessional, it becomes really interesting.

When Filippini later became the manager of the 5th Avenue restaurant a certain Charles Ranhofer became the new chef and wrote a substantial book The Epicurian, published in 1894.

Are you still with us? â€”There is more to come.

But what of Tortoni? He was a Neapolitan who took over a cafe started by a man called Joliet in Paris. Tortoni opened in 1804, and became one of the most fashionable cafes in Paris. Situated on Boulevard des Italiennes, it was for many years the centre of fashionable cafe society

in Paris. But we have been unable to find the direct link from Tortonis to Filippini. So, the Filippini recipe is the closest we have come to the original Tortononi recipe.

And finally to the ice cream.



Bisquit Ices or Biscuit Tortononi

The ice, with crumbled macaroon on the top, has the typical, rich, hedonistic flavour of the Victorian period. And if you have come this far, dear reader, we urge you to make the macaroons, they are quickly and easily made and use up some of the left-over egg whites.

The biscuit crumbs can be (in order of preference) Amaretti, ratafias, shortbread, English digestive or even Graham[®] crackers and can be either incorporated in the ice or sprinkled on the top, or both.

It is primarily flavoured with Maraschino, a rather old-fashioned cherry liqueur. Please do not substitute this for any other liqueur or the integrity of the ice cream is lost. Luxardo Maraschino is the brand most usually available.

Traditionally the ice cream was served in a characteristic, pleated, paper case. Served today in individual ramekins, it would fairly represent the original. (Were those pleated paper cases the forerunner of the porcelain French ramekin? Another interesting line of research!)

Biscuit ices are easily made and all you need is to add any amount up to about 250 ml/1 cup/8 fl oz of crumbs to each 1 litre/4 cups/32 fl oz of ice cream. Mix it in thoroughly when the ice is frozen enough to support the crumbs and stop them falling to the base of the container.

	Metric	US	Imperial
Unrefined, granulated sugar	65 g	1/3 cup	2 1/2 oz
Egg yolks	6	6	6
Whipping/heavy cream (36% fat)	750 ml	3 cups	24 fl oz
Maraschino	4 Tbsp	4 Tbsp	4 Tbsp
Kirsch	2 Tbsp	2 Tbsp	2 Tbsp
Makes about	900 ml	3 3/4 cups	30 fl oz
Biscuit crumbs for mixing in approx	6 Tbsp	6 Tbsp	6 Tbsp
Additional topping approx	6 Tbsp	6 Tbsp	6 Tbsp

VARIATION: they can be sprinkled with sweet biscuit crumbs before serving.*

In a medium-size heatproof bowl combine the sugar and egg yolks. Preferably using an electric hand whisk, beat until the mixture is paler and forms a fine foam, about 3 minutes.

Bring the cream to boiling point, then, while whisking the sugar/egg yolk mixture constantly, pour in the heated cream. Either pour into the top of a double saucepan, or position the bowl to sit over a base pan containing about 1 in/2.5 cm of simmering water. The base of the bowl, or pan, should not be in contact with the water.

Now stir the custard frequently with the pan set over a low to moderate heat until the mixture reaches 85 C/185F, or has thickened sufficiently to coat the back of the spoon. Immediately remove the bowl (or top half of the pan) and sit it in an inch or two of cold water in the sink. Stir from time to time. This effectively stops the cooking and speedily cools the custard. To prevent a skin forming insert a buttered or oiled piece of greaseproof paper to sit directly on top of the mixture. Leave to cool, then chill in the fridge until ready to use.

When ready, stir in the Maraschino and Kirsch. Then still freeze in the paper cases* and freeze overnight. These can usually be served directly from the freezer as the alcohol stops the ice freezing too hard.



*The real enthusiast can follow the instructions to make the pleated rectangular paper case (picture [page 289](#)), as described in Ranhofer's book, or go to Useful Addresses [page 324](#) for details of the only maker we can find in the USA who still makes round pleated paper cases of the type in which Biscuit Tortoni used to be served.

Blackberry Ice Cream

Blackberry is a flavour that is all too easy to lose. But in this light and simple, no-cook ice cream it comes over loud and clear. Helped, it has to be said, by the addition of Crème de Mûre, which costs about the same as a cheap bottle of wine from one of the large supermarket chains. But failing this, you will still have a well-flavoured ice cream of an almost fuchsia colour.

	Metric	US	Imperial
Blackberries (about 3 cups)	450 g	1 lb	1 lb
Unrefined granulated sugar	150 g	¾ cup	5 ¼ oz
Juice of lemon, strained	½	½	½
Crème de Mûre	2 Tbsp	2 Tbsp	2 Tbsp
Whipping/heavy cream (36% fat), chilled	500 ml	2 cups	16 fl oz
Makes about	1 litre	4 cups	32 fl oz

Pick over the blackberries carefully, then transfer them to a colander and sluice them thoroughly with cold water. Drain and turn out on to a double thickness of kitchen paper; spread out the berries and leave to dry. Now put them in a food processor or blender with the sugar and blend for about 1 minute. Position a nylon sieve over a bowl and strain the blackberry pulp, rubbing the last stage through the sieve until all that is left are the seeds. Flavour the puree with the strained lemon juice and Crème de Mûre. Taste, and add a little more lemon juice, if liked. Chill in the fridge. When ready, add the cream and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Blackberry Sorbet

The deep colour of blackberry sorbet always looks wonderful. As blackberries are only available for a short time each year it is well worth freezing them either whole or cooked in the proportion of fruit to sugar syrup given in the recipe below. Then you can quickly make a blackberry sorbet, or, with the addition of some water, a granita.

	Metric	US	Imperial
Blackberries	450 g	1 lb	1 lb
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Crème de Mûre	2 Tbsp	2 Tbsp	2 Tbsp
Juice of lemons	2 ½	2 ½	2 ½
Makes about	1 litre	4 cups	32 fl oz

Rinse the blackberries in cold water, drain, then spread out the berries on a double layer of kitchen paper and leave until dry. Put into a non-reactive saucepan with the sugar syrup, heat to boiling point and simmer for 2-3 minutes. Allow to cool for a few minutes then pour into a food processor or blender and liquidise, then strain to remove the pips. Allow to cool, and then add Crème de Mûre, and lemon juice to taste. Cover and chill in the fridge. When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Blackberry Granita

Make according to the recipe for Blackberry Sorbet (see above) adding an additional 375 ml/1 ½ cups/12 fl oz of water with the Crème de Mûre and lemon juice. Mix well.

For detailed instructions on howto prepare a Granita see [page 71](#).

Blackcurrant Ice Cream

Although a summer fruit, blackcurrants seem curiously suited to winter eating. Maybe this is a childhood association with blackcurrant syrup and its vitamin C, which was used to ward off winter colds. Blackcurrants are far better employed in ice creams and sorbets. Freezing some yourself for the winter makes sense, especially as you cannot guarantee they will be in every supermarket freezer.

Incidentally, freeze the whole berries by all means, but try freezing a small batch or two pureed. Put the berries through a fine sieve or mouli, rather than liquidising them, as crushed seeds will give a bitter flavour. The puree can be diluted and sweetened and served as is or used to make ices or sauce for ice cream. But be careful, the flavour is powerful and it may need some judicious reining in.

	Metric	US	Imperial
Blackcurrants	450 g	1 lb	1 lb
Unrefined granulated sugar	315 g	1 1/4 cups	11 oz
Water	125 ml	1/2 cup	4 fl oz
One recipe Standard French Vanilla Ice Cream (see page 72)			
Additional unrefined granulated sugar	5 Tbsp	5 Tbsp	5 Tbsp
Makes about	1 litre	4 cups	32 fl oz

If fresh, use a fork to strip the berries from their stalks into a colander or sieve. Sluice with cold water, drain and dry on kitchen paper. Put the prepared blackcurrants, sugar and water in a non-reactive saucepan. Simmer gently, covered, for about 5 minutes, and then put through a nylon sieve to remove the pips.

Take the sieved blackcurrant pulp and mix with the **Standard French Vanilla Ice Cream** (see [page 72](#)). Check the sweetness and add up to 5 Tbsp of sugar, depending on the tartness of the blackcurrants. Then chill in the fridge. When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Blackcurrant Sorbet with Mint

	Metric	US	Imperial
Blackcurrants	450 g	1 lb	1 lb
Sugar syrup (see page 70)	315 ml	1 1/4 cups	10 1/2 fl oz
Water	125 ml	1/2 cup	4 fl oz
Sprigs of mint	4 x 10 cm	4 x 4 inch	4 x 4 inch
Makes about	1 litre	4 cups	32 fl oz

Prepare the blackcurrants as described in the recipe for **Blackcurrant Ice Cream** (see opposite). Put in a non-reactive saucepan with the syrup and water and simmer gently, covered, for about 5 minutes. Cool a little before rubbing through a nylon sieve to remove the pips. Add the rinsed and dried mint to the warm blackcurrant puree, cover and leave to cool.

Taste and, if necessary, allow the mint to steep longer while chilling in the fridge. Remove the mint sprigs when the mint flavour is strong enough; it should not overwhelm the blackcurrant flavour. When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

AN M O Hâ€™S VIEW

(Medial Officer of Health)

In his annual report Dr C S Thompson M O H of Deptford near London states:- â€˜ The use of small glasses by street vendors or shopkeepers who cannot or do not use hot water or clean towels to cleanse the glasses, is a practice which cannot be countenanced as such are liable to be vehicles for contamination.

The use of perishable wafers should be made compulsoryâ€™.

THE ICE CREAM INDUSTRY MAGAZINE, JUNE 1927

Blancmange Ice Cream

In a book where we go all out for the best of pure, unalloyed ice cream, this, to put it mildly, strikes a discord. It just tastes massively pink. It is a joy. Excellent for adults who retain their inner child, and all children. Sadly not suitable for stir freezing.

	Metric	US	Imperial
Sachets of strawberry blancmange*	2	2	2
Milk	1 litre	4 cups	32 fl oz
Unrefined granulated sugar	75 g	3/8 cup	2 3/4 oz
Strawberry jam	155 g	5/8 cup	5 fl oz
Makes about	1.25 litres	5 cups	40 fl oz

Make up two sachets of strawberry blancmange following the instructions on the back of the box but using the quantities of milk and sugar listed above.

Remove the pan from the heat and stir in the jam. Put an oiled sheet of greaseproof paper directly on top of the mix to prevent a thick skin

forming. Cool then chill. When ready give the pink mix a good stir to break it up. There will still be small lumps but do not worry, these will clear during churning in an ice-cream machine.

Then **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

*We used the classic Pearce Duff’s strawberry blancmange with 3 — 1 pint sachets in a box.

Blueberry & Buttermilk Sherbet

Too easily, the fresh flavour of blueberries can be lost, or comes through tasting like one of the poorer quality, mass-market fruit yoghurts, and these delicious berries deserve a better fate.

	Metric	US	Imperial
Blueberries	350 g	2 1/3 cups	12 oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Buttermilk, chilled	250 ml	1 cup	8 fl oz
Lemon juice	1 tsp	1 tsp	1 tsp
Makes about	1.1 litres	4 1/2 cups	36 fl oz

Sort through the blueberries, discarding any damaged fruit or stalks. Transfer the remaining fruit to a colander, sluice with water, drain thoroughly and transfer to a medium-sized saucepan. Add the sugar syrup and bring to the boil. Remove from the heat, cover and leave to cool before transferring to the fridge to chill.

When ready, mash the fruit (quite literally; use a potato masher) to reduce it to a very rough pulp, then stir in the buttermilk and lemon juice. Then, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Brown Bread Ice Cream

Since writing our first book we have researched Brown Bread Ice Cream and find it both in Emy 1768 and Borella 1770. It is not a Victorian invention as we previously thought and wrote then.

We must confess to being somewhat underwhelmed by this ice cream, but due to the pressure of public opinion, kept on testing and eventually came up with a very respectable recipe, but using two techniques. Method 1 is straightforward, quicker and easier to make than Method 2 which needs more time and careful attention. Method 1 produces an ice with a nutty bread flavour; Method 2 has much more of a caramel flavour with the partially melted sugar combining with the breadcrumbs and remaining in praline-like pieces in the ice cream. Interestingly Emy used pumpemickel bread. Try it by all means.

	Metric	US	Imperial
Wholemeal breadcrumbs	45 g	3/4 cup	1 1/2 oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Demerara sugar	180 g	1 cup	6 1/2 oz
Dark rum	3 Tbsp	3 Tbsp	3 Tbsp
Vanilla extract	1/4 tsp	1/4 tsp	1/4 tsp
Makes about	750 ml	3 cups	24 fl oz

Method 1. Spread the crumbs out evenly on a large baking tray and toast under the grill, turning them at short intervals so that they brown evenly. Measure the cream into a jug and stir in the cooled, browned crumbs and the remaining ingredients; cover and chill for 1 hour to give the crumbs a chance to soften.

Method 2. Combine the crumbs with an equal quantity (135 g/ 3/4 cup/4 3/4 oz) of Demerara sugar. Spread out evenly on a large baking tray. Preheat the grill on medium to high, and then position the baking tray 7.5-10 cm/3-4 inches from the heat source.

From now on do not leave the grill but continue toasting and regularly and evenly re-spreading the crumbs until the mixture is an overall colour “ just one stop lighter than muscovado sugar. As it browns the mixture will get stickier as the sugar melts, but try to spread it as evenly as possible. When sufficiently browned, remove and leave to cool. When cool, pound the lumps of crumb/sugar mix until reduced to the size of Demerara sugar crystals. Measure the cream into a jug and stir in the crushed crumb/sugar mix and the remaining ingredients, including the remaining Demerara sugar. Cover and transfer to the fridge to chill for 2 hours. This gives the crumb mix a chance to soften, but leaves a minimal crunch in the finished texture of the ice cream. When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Soft Brown Sugar Ice Cream with Peanut Brittle

This ice cream is delicious with or without the brittle.

	Metric	US	Imperial
Whole milk	300 ml	1 ¼ cups	10 ½ fl oz
Dark soft brown sugar well packed	100 g	½ cup	3 ½ oz
Egg yolks	3	3	3
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Vanilla extract	¼ tsp	¼ tsp	¼ tsp
One recipe Peanut Brittle (see page 285)			
<i>Makes about</i>	<i>750 ml</i>	<i>3 cups</i>	<i>24 fl oz</i>

Using the above quantities of milk, brown sugar, egg yolks and cream, prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)).

Continue up to the stage where the chilled custard is combined with the cream and add the vanilla extract. When ready, either **still** or **stir freeze** ([page 80](#)).

While the ice cream is freezing crush the peanut brittle in a pestle and mortar until the pieces are approximately the size of coffee sugar crystals. When the ice cream is almost ready sprinkle the brittle into the ice cream as it churns, allowing just 2 or 3 more revolutions before switching off the machine, or fold into the still-frozen ice cream. Then **store** ([page 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Butter Ice Cream

Menon (1740-1795) was the first cookery book to contain a large selection of recipes with over 45 ices in it. His ices were, in many ways, more sophisticated than either Gillieres or Emy who were the foremost contemporaries around that time.

These are two of the most interesting recipes for ices containing eggs from Menon.

Glacé du Beurre Butter Ice Cream

Menon has a quite remarkable ice cream referred to as a glacé du beurre which has 20 egg yolks to 1 litre/4 cups/32 fl oz (36% fat) of cream.

This gives approx. 32% fat and 15% sugar in an ice cream with 54% solids. This glace was flavoured with orange flower water and was frozen in fromage moulds (cheese-shaped moulds).

The egg yolks give about 25% of the fat in this ice. It tastes like a cross between a super-rich custard and butter. He suggests that you eat it immediately it is made, with a spoon, *à l'usage de la même façon que le beurre frais*™.



Oeufs en Glace Frozen Egg

This ice is unlike anything currently available today.

Take six eggs and hard boil them; you need to take the yolks and keep them whole as round balls; take six other fresh eggs which you break in two with great care so that they can be put together again whole, they should be marked. Put the whites of these eggs into a quarter litre of cream and beat together and put in a silver dish and heat on the fire as you would do for *oeufs au miroir* glazed eggs without letting them take colour on top. When they are done strain through a sieve like a marmalade (fruit puree); let them cool and then add a little powdered sugar and put to freeze like other ices; when they have set, and you have worked them well, take the egg shells you put on one side and put a little in one half and the yolk in the middle, and contrive to fill them as if they were whole, fitting the shells one against the other. Wrap each egg in paper and put in a tin container (ice cave) with ice, as explained for iced peaches, and leave them until you need to serve them. These eggs are a kitchen dish, but can be served as dessert.™

The result is a frozen hard-boiled egg yolk with a frozen meringue surrounding it in the original egg shell. The frozen, hard-boiled yolk tastes like butter.

Buttermilk Gelato

A delightful fresh-tasting ice cream, compatible with many other ices in this book. Good with sorbets and a great ice to have à la mode with pies, tarts and steamed or baked sponges.

	Metric	US	
Imperial			
Egg yolks	8	8	8
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Buttermilk	750 ml	3 cups	24 fl oz
Makes about	900 ml	3 3/4 cups	30 fl oz

Make a **Standard Vanilla Gelato** with eggs but excluding the vanilla (page 75) and substitute buttermilk for milk.

When ready, either **still** or **stir freeze** and **store** (pages 80 to 81). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Buttermilk Ice Cream

A delightful, clean-tasting, fresh-flavoured ice cream with one disconcerting trait; it separates if the finished custard is left to stand before churning. Ignore this; it will not affect the ice cream in any way.

	Metric	US	Imperial
Eggs	3	3	3
Unrefined granulated sugar	250 g	1 1/4 cups	8 3/4 oz
Vanilla bean	1	1	1
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Buttermilk	750 ml	3 cups	24 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	1.5 litres	6 cups	48 fl oz

In a large heatproof mixing bowl whisk together the eggs and sugar until pale and thickened.

Split the vanilla bean in half lengthwise and put it in a saucepan with the cream. The vanilla bean remains in the custard until it is ready to churn. Bring to the boil then pour slowly into the bowl containing the beaten eggs and sugar in a thin stream, beating constantly. Transfer to a double saucepan or position the bowl over a pan of barely simmering water and continue to heat, stirring frequently, until the custard reaches 85Â°C/185Â°F. Remove from the heat and lower the temperature of the custard quickly by plunging the base of the pan or bowl into cold water. When it feels positively cold, remove the bowl, cover and chill in the fridge, preferably overnight to allow the flavours to develop.

When ready, remove the vanilla bean and use a teaspoon to scrape the vanilla seeds from inside the pod; stir into the custard followed by the buttermilk and the lemon juice. Then either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Buttermilk, Rum & Sultana Ice Cream

	Metric	US	Imperial
Dark rum	125 ml	1/2 cup	4 fl oz
Sultanas/Golden raisins	120 g	3/4 cup	4 1/4 oz
1 recipe Buttermilk Ice Cream (see page 109)			
Makes about	1.75 litres	6 1/4 cups	50 fl oz

Combine the rum and sultanas in a small saucepan and bring to the boil. Cover the pan with a lid, remove from the heat and leave, preferably overnight, to allow the sultanas time to absorb the rum.

When ready, stir in the rum and rum soaked sultanas, then either **still** or **stir freeze** then **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Caramel Ice Cream

With the exception of deep-fat frying, caramel is the hottest and most potentially volatile thing to deal with in the kitchen, so please take care. Never leave caramel to cook, always watch it like a hawk from start to finish. The dangerous stage in this recipe is when water is added to the medium-brown liquid caramel (about 180Â°C/ 356Â°F).

Remove the pan from the heat the instant the sugar reaches this stage. Have the water ready standing by, and the hand and arm grasping the pan wrapped in a protective cloth.

Then slowly add the water, standing well back. There will be a considerable noise and ferment in the pan, but once this subsides the rest is easy and the result is a superbly flavoured ice cream.

NOTE: For this recipe it is necessary to use really fresh cream. If less than fresh, the cream is likely to curdle when mixed with the rather acidic

caramel.

	Metric	US	Imperial
Unrefined granulated sugar	200 g	1 cup + 2 tsp	7 oz
Water	2 Tbsp	2 Tbsp	2 Tbsp
Whipping/heavy cream (36% fat)	185 ml	³ / ₄ cup	6 fl oz
Whole milk	375 ml	1 ¹ / ₂ cups	12 fl oz
Vanilla bean	¹ / ₂	¹ / ₂	¹ / ₂
Egg yolks	3	3	3
Makes about	750 ml	3 cups	24 fl oz

Pour 60 g/â€¦ cup/2 oz of the measured sugar into a small, heavy saucepan. Taking full account of how to deal with caramel (see opposite), place the saucepan over a moderate heat. As the sugar begins to liquefy and brown around the edge, stir once or twice so that the sugar continues to caramelize evenly. As soon as it is a uniform medium brown (180Â°C/356Â°F), remove the pan from the heat and slowly add the water. When the bubbling subsides, pour in the cream, stir and leave aside to allow the caramel time to dissolve completely in the cream, then chill.

Meanwhile put half of the remaining sugar in a separate pan with the milk and split vanilla bean. Bring to just below boiling point then cover and leave aside to infuse for 30 minutes. Now combine the egg yolks with the remaining sugar and follow the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)).

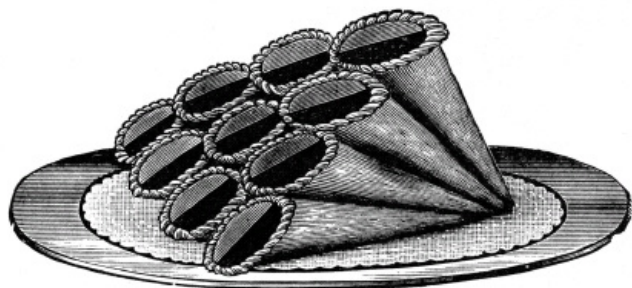
When ready, add the caramel to the custard and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Caviar or Red Lumpfish Roe Savoury Ice

Red lumpfish roe is available in small jars in good supermarkets or fish shops.

	Metric	US	Imperial
Shallots	2	2	2
Sour cream	250 ml	1 cup	8 fl oz
Caviar or red lumpfish roe	50 g	1 ³ / ₄ oz	1 ³ / ₄ oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Vodka	2 Tbsp	2 Tbsp	2 Tbsp
Makes about	375 ml	1 ¹ / ₂ cups	12 fl oz

Chop the shallots very finely indeed, and mix them with the sour cream in a glass bowl. Add the caviar or lump-fish roe, keeping back one teaspoonful for garnish, then the lemon juice and the vodka, and mix carefully. Taste, and add more lemon juice if necessary. **Still freeze** (see [page 80](#)) and **store** ([page 81](#)). We advise still freezing this ice as it keeps the roe intact. Serve one hour after it is still frozen. If frozen overnight, allow 20-30 minutes in the fridge to soften before serving. Can be made in portionsized moulds or a single mould and turned out and cut into slices and decorated with the teaspoonful of caviar or lumpfish roe. Serve with lemon wedges and Melba toast. Eat within 24 hours of making.



Caipirinha Sorbet

A great summer cocktail from Brazil. Made with Cachaca (pronounced kach-assa), a sugar cane spirit. The drink is delicious, the sorbet divine. Eat it on its own from small glasses on a hot summerâ€™s day or serve with a salad of fresh pineapples, mangoes, strawberries or peaches.*

	Metric	US	Imperial
Sugar syrup (page 70)	375 ml	1 ¹ / ₂ cups	12 fl oz
Cachaca*	67.5 ml	¹ / ₄ cup	2 fl oz
Lime juice**	125 ml	¹ / ₂ cup	4 fl oz
Water	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

Put the sugar syrup and the Cachaca in a jug and add the freshly squeezed and strained lime juice and the measured water. Chill thoroughly in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Because of the alcohol content it will need freezing overnight. It can probably

be served directly from the freezer, if not allow about 10 minutes in the fridge before serving.

*We use Pitu Cachaca.

**Limes vary considerably. On the basis of limes yielding 1 ½ 2 Tbsp juice, you will need between 4 and 8 limes.



Parmesan Cheese Ice Cream

*Al villan non far sapere
Quanto   buono il cacio con le pere.
  Don  ™t let the peasants taste how
good cheese is with pears.  ™*

ITALIAN PROVERB

We are indebted to our friend Ivan Day who alerted us to this recipe for Parmesan Cheese Ice Cream in Joseph Bell  ™s Treatise on Confectionary (his spelling) Newcastle, 1817. Bell was formerly confectioner to the Prince of Wales, later King George IV. We have since found a similar recipe in L  ™ Art de Bien Faire de Glaces D  ™ Office, by Emy, 1768.

Cheese ice creams were popular in Regency and Victorian times, but in this day and age the idea comes as something of a shock. We beg you to put aside your prejudices and try this, especially serving it with fresh ripe pears. The result will confound any preconceptions as it is a most wonderful ice cream with a rich, complex flavour.

Use only Parmigiano-Reggiano, cheaper Parmesan cheeses are too chalky and granular to the detriment of the texture of the ice cream.

	Metric	US	Imperial
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Unrefined granulated sugar	115 g	½ cup	4 oz
Parmesan cheese (grated)	115 g	1 cup	4 oz
Makes about	700 ml	2 ¾ cups	23 fl oz

Bring the cream to the boil with the sugar, stirring constantly, then remove from the heat and add the grated Parmesan cheese, stirring until it melts. Allow to cool. Then scrape into a freezer box, cover and freeze overnight.

NOTE: This is a thick ice that is unsuitable for churning.



Parfait au Parmesan/ Mrs Marshall  ™s Parmesan Cheese Parfait

  ™ New, High-class, Seasonable and Useful  ™. So wrote Mrs A. B. Marshall in her weekly magazine, The Table, in 1895. This recipe was originally conceived as a second course dish or for a ball supper. My, those were the days. This is a delicious frozen cheese mousse. It has

been stripped of all its trappings; the original recipe has a ring mould lined in chaudfroid and aspic and when turned out the centre filled with balls of stiffly whipped cream flavoured with pepper and Parmesan. We have dispensed with all the aspic and extra cream and suggest serving either in a single basin-shape mould, or in individual plain pudding moulds, ramekins or the new flexible silicone moulds. Turned out and surrounded with a salad of frisé, chicory and radicchio with a mustard dressing it is a knockout.

Incidentally you might wonder at the curious inclusion of Bovril. This is today's direct substitute for Liebig Company's Extract of Meat used in the original recipe which was a common ingredient in Victorian times.

NOTE: This recipe contains raw egg whites. If you are unsure about the source of your eggs you can buy pasteurised egg white in cartons or sachets.

	Metric	US	Imperial
Vegetable stock powder	1 tsp	1 tsp	1 tsp
Bovril beef extract*	1 tsp	1 tsp	1 tsp
Leaf gelatine	2 sheets	2 sheets	2 sheets
Whipping /heavy cream (36% fat)	295 ml	1 cup + 3 Tbsp	10 fl oz
Egg whites	2	2	2
Grated Parmesan	115 g	4 oz	4 oz
Finely grated Gruyère	60 g	2 oz	2 oz
A generous squeeze of lemon juice			
Salt and freshly ground black pepper			
Makes about 6 servings			
*In the USA use Hormel Herb-Ox Beef Flavour Granules			
TO GARNISH			
Some very finely chopped parsley			
Some finely crushed pink peppercorns			

Bring 300 ml/1¼ cups/½ pint water to the boil in a small saucepan. Remove the pan from the heat and stir in the stock powder and Bovril and as soon as they have dissolved add the sheets of gelatine and leave until cold. Stir, to make sure all the gelatine has dissolved then pour the mixture into a large bowl and refrigerate until the liquid is at the point of setting.

Have ready a single, oiled, 1.2 litre/5 cup/2 pint pudding basin, or 6 — 200 ml/¾ cup/7 fl oz individual pudding moulds or ramekins. Beat the cream until it holds a soft shape.

Wash and dry the whisk. Now whisk the gelatine mix until it becomes a pale-coloured fine foam. Again wash and dry the whisk. Have the egg whites ready in a clean grease-free bowl. Whisk until they hold a shape when the whisk is lifted from the bowl. Fold the whisked cream, gelatine and egg whites together gently, finally adding the cheeses.

Taste and season with a squeeze of lemon juice, salt and freshly ground pepper and pour into the chosen mould(s). Freeze overnight.

Just before serving have ready the salad-lined plates. Dip the mould(s) for a few seconds in tap-hot water then turn out onto the plate(s). Dust the mould(s) thinly with parsley, then pink peppercorns. Leave for 15 minutes in the fridge to soften a little before serving.

Some classic Melba toast would go well with this.

Individual Cheesecake Ice Creams

This recipe takes advantage of one of the biggest changes to hit the bakery trade in a long time and that is the use of flexible bakeware. Here we have used the bright orange, Le Creuset 6-hole flexible form; the sort of standard, deep muffin mould shape. The cream cheese ice cream is put into the base and almond crumble pressed lightly on top. They are turned out, crumble base down, and served accompanied by a strawberry or raspberry sauce and a few fresh berries. If all this sounds too much of a fiddle, layer the ice cream and crumble in individual serving glasses, topped with the berries and sauce.

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Whipping/heavy cream (36%)	100 ml	¾ cup	3 ½ fl oz
Dried milk powder	30 g	¼ cup	1 oz
Egg yolks	2	2	2
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Full fat cream cheese	80 g	¼ cup + 1 Tbsp	2 ¾ oz
Vanilla extract	¼ tsp	¼ tsp	¼ tsp
Salt	¼ tsp	¼ tsp	¼ tsp
Lemon juice	2 tsp	2 tsp	2 tsp
Almond Crumble (see page 285)	190 g	1 ½ cups	6 ¾ oz

Makes: 6 individual cheesecakes or sufficient for 6 small glasses.

Measure the milk and whipping cream into a measuring jug then whisk in the milk powder. Transfer to a small saucepan and bring to just below

boiling point.

Meanwhile combine the egg yolks and sugar in a bowl and whisk for about 5 minutes until pale and thickened. Pour the milk into the egg yolk mixture, whisking all the while then return this to the rinsed-out pan. Cook over a low heat until the mixture reaches 85Â°C/185Â°F. Once the custard has cooled, return the custard to the rinsed-out jug; cover, cool then chill until ready to churn.

Just before churning pour the custard into a food processor. Add the cream cheese, vanilla, salt and lemon juice. Pulse until smooth and well mixed then either **still** or **stir freeze** (see [page 80](#)).

When the ice cream is softly frozen, scoop into the flexi-tray holes to within about 1 cm of the tops. Quickly lay a freezer film sheet over the top and put in the freezer for 2 hours. Remove, uncover and lightly press a layer of crumble on top of each ‘cheesecake’™. Recover and return to the freezer. They will need another 3 hours before they are ready to turn out and serve.

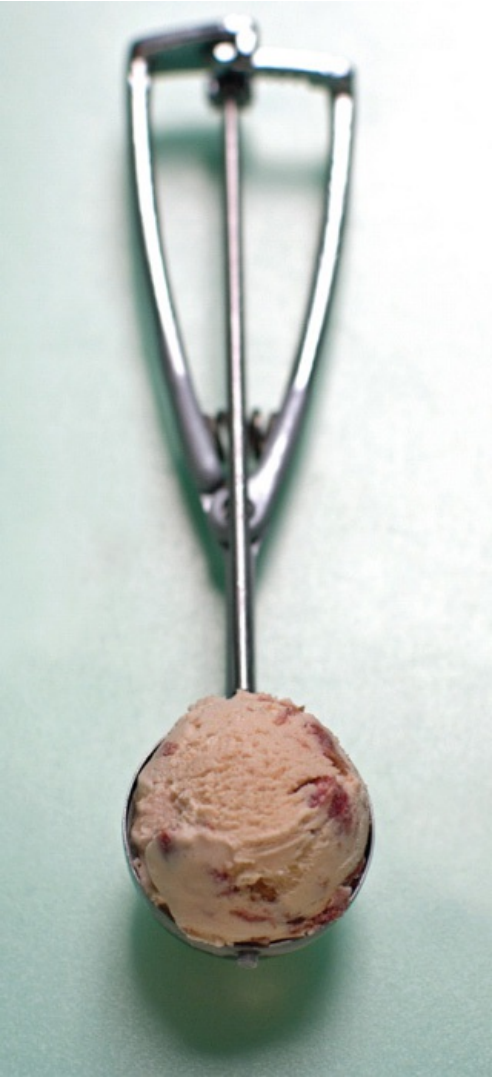
Morello Cherry Ice Cream

If there is a market for both the sweet and sour varieties of gooseberry, why is there no market for the sour cherries? In Britain, in or out of season, sweet dessert cherries are everywhere but never an acid cooking cherry to be had; which is a great shame, because the cooked flavour of these far outdoes that of sweet dessert cherries, fresh or cooked. So bottled sour cherries it has to be, and preferably pitted to save time, mess and sanity. Try to buy from an outlet that has a good turnover as sometimes jars are left a long time and the cherries turn mushy.

	Metric	US	Imperial
Whipping/heavy cream (36% fat)	375 ml	1 1/2 cups	12 fl oz
Egg yolks	3	3	3
Vanilla sugar (see page 70)	90 g	1/2 cup minus 1 tsp	3 1/4 oz
Sour cream	185 ml	3/4 cup	6 fl oz
Morello cherries (sour)	450 g	1 lb	1 lb
Makes about	1 litre	4 cups	32 fl oz

Make exactly according to the method for **Standard French Vanilla Ice Cream** ([page 72](#)), substituting plain cream for milk and sour cream for whipping/heavy cream. Chill covered.

When ready, whip the sour cream and add to the custard. Then add the drained and pitted cherries. **Still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Crème de Marrons Ice Cream

Because the chestnut season is so short and peeling fresh chestnuts is such a thankless task, we have included only recipes using canned crème de marrons (chestnut spread). We find that Clément Faugier® crème de marrons works perfectly for this ice cream.

Serve with **Pear Ice Cream** (see [page 201](#)) or **Chinese Walnut Brittle Ice Cream** (see [page 238](#)).

	Metric	US	Imperial
Milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Egg yolks	4	4	4
Unrefined granulated sugar	65 g	1/3 cup	2 1/4 oz
1 can crème de marrons	250 g	8 3/4 oz	8 3/4 oz
Makes about	750 ml	3 cups	24 fl oz

Make according to the recipe for **Standard French Vanilla Ice Cream** ([page 72](#)) excluding the vanilla bean.

Have the crème de marrons ready in a separate mediumsized bowl. Gradually stir in the hot custard, a little at a time, until it is all smoothly incorporated. Leave to cool to room temperature, then cover and transfer to the fridge to chill.

When ready, add the cream, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Iced Mont Blanc

This is a slightly different take on the classic French Mont Blanc, which is an impressive product of the pâtissier's art. The original involves making meringues, boiling, peeling, cooking, sieving and piping chestnut puree, then topping the whole lot with whipped cream and grated chocolate.

We have brazenly cheated to come up with a good, easy, frozen, dinner party dessert.

This will serve six to eight slices. To serve more people it is best to make 2 – 20 cm/8 inch rounds rather than one larger one. One large round would thaw unevenly.

	Metric	US	Imperial
Ready-made individual meringue nests	6	6	6
Dark, bitter chocolate, grated	100 g	3 1/2 oz	3 1/2 oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Greek/Russian-style, (full fat) yoghurt	250 ml	1 cup	8 fl oz
1 can crème de marrons	250 g	8 3/4 oz	8 3/4 oz
White rum	2 Tbsp	2 Tbsp	2 Tbsp
1 can whole, peeled, cooked chestnuts	250 g	8 3/4 oz	8 3/4 oz
Sugar syrup (see page 70)	5 Tbsp	5 Tbsp	5 Tbsp

Makes 1 x 20 cm/8 inch round to make 6-8 slices

To serve: **Sharp Chocolate Sauce** ([page 268](#)) and a little grated chocolate

Line a 20cm/8 inch spring-form pan with clingfilm so it covers the base and all the way up the sides.

Use your hands to crumble the meringue coarsely into roughly hazelnut-size pieces and have ready in a bowl.

Break the chocolate bar into squares and drop onto the whirling blades of a food processor. Continue to process until the chocolate is reduced to the size of wheat grains then pour into the bowl with the crumbled meringue.

In a large mixing bowl beat half the cream until just stiff enough to hold a shape. Now fold in yoghurt, followed by the meringue and half the grated chocolate. Spread the mixture in the prepared tin.

Empty the sweetened chestnut puree into a small bowl and stir in the rum before spreading it over the surface of the mix in the tin. To marble the two mixtures, insert the point of a knife almost to the base of the spring-form pan and draw a knife backwards and forwards across the full circle; turn the cake tin and repeat the manoeuvre at roughly a 90 degree angle. Put a sheet of clingfilm directly onto the surface of the mixture to seal it and stop ice crystals forming. Make sure the seal extends right up to and around the edge. Freeze for a minimum of 4 hours.

About an hour before you are ready to serve, release the dessert from the cake tin and remove the clingfilm and place on a serving plate. Put this in the fridge while you liquidise the whole chestnuts with the sugar syrup until perfectly smooth. Now whisk the rest of the cream until stiff enough to hold its shape. Transfer the mix into a piping bag fitted with a 3 mm/1/8 inch plain nozzle. Now take heart, this next stage requires no expertise. Pipe single strands of puree around the edge of the frozen pudding in a random manner gradually building up a border similar to a bird's nest. Continue until all the chestnut paste has been used then pile the whipped cream in the centre and dust the whole lot with the remaining

grated chocolate.

Replace in the fridge whilst the main meal is served. It should be still slightly frozen when served, accompanied by the chocolate sauce.

Chocolate Gelato

This is a rich chocolate gelato with what we think is about the minimum acceptable amount of sugar. Taste, always taste, and if you think it needs to be sweeter add sugar 1 tablespoon at a time. A rich, clean chocolate flavour that is not masked by adding cream.

	Metric	US	Imperial
Cocoa powder (unsweetened)	3 Tbsp	3 Tbsp	3 Tbsp
Unrefined granulated sugar	85 g	1/2 cup minus 1 Tbsp	3 oz
Milk	625 ml	2 1/2 cups	20 fl oz
Egg yolks	5	5	5
Chocolate (85% cocoa solids)	100 g	3 1/2 oz	3 1/2 oz
Makes about	750 ml	3 cups	24 fl oz

In a small bowl combine the cocoa powder and half the sugar. Pour in enough of the measured milk to form a thin paste.

In a separate bowl beat together the egg yolks and the remaining sugar until pale yellow. Set aside.

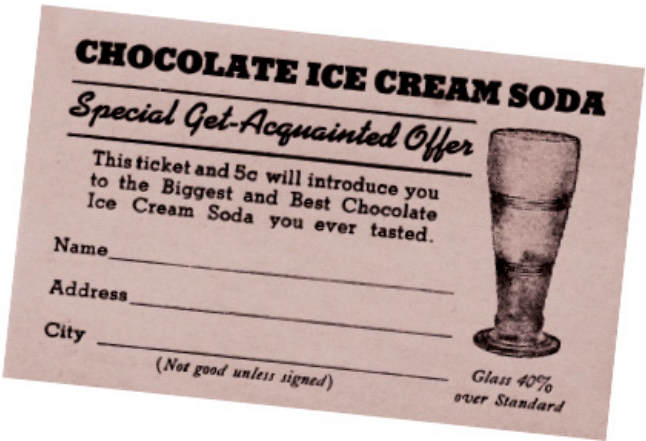
Now bring the rest of the milk to a boil then add the hot milk to the cocoa and sugar blend, whisking all the while, before returning the blend to the pan. Working with the pan over a heat diffuser mat bring the cocoa mixture slowly to simmering point. Take it slowly and stir all the time otherwise the blend may catch on the pan. Simmer gently for 6 minutes. **This is vital to get rid of the powdery taste of the cocoa.**

Pour the cocoa, sugar and milk blend, into the egg yolk and sugar mixture, very slowly, whisking briskly all the time. When mixed, return the mixture to the pan and the pan to the diffuser mat. Stir and bring the mix to a temperature of 85°C/185°F. Without a thermometer: to judge if the custard has thickened sufficiently, remove the spoon and tilt the back of it towards you. Look first at the way the sauce coats the spoon. If it forms only a thin film, try drawing a horizontal line across the back of the spoon. This should hold a clear shape. If not, continue cooking the custard until it coats the back of the spoon more thickly and holds a clear line.

Remove from the heat and immediately plunge the base of the pan into a few inches of cold water for a couple of minutes to stop the temperature rising.

Now break the chocolate into small pieces and whisk into the hot chocolate mix until completely dissolved. Once the custard has cooled, cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Everyday Chocolate Ice Cream

*This Philadelphia, no-cook style ice cream is ideal for children, for everyday use, and for mixing with other ingredients for say **Rocky Road** (see [page 130](#)) or **Chocolate and Fresh Mint Ice Cream** (see [page 128](#)). It can also be used for **Chocolate Ice Cream with Rosemary** (see [page 129](#)), **Chocolate and Spice Biscuit Ice Cream** (see [page 129](#)), **Chocolate and Hazelnut Ice Cream** (see [page 130](#)), **Chocolate Brownie Ice Cream** (see [page 129](#)) and **Chocolate Malted Ice Cream** (see [page 130](#)).*

	Metric	US	Imperial
Cocoa powder (unsweetened, sieved)	30 g	1/3 cup	1 oz
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Sweetened condensed milk	125 ml	1/2 cup	4 fl oz
Whole milk	375 ml	1 1/2 cups	12 fl oz
Vanilla extract	1 tsp	1 tsp	1 tsp
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	1.1 litres	4 1/2 cups	36 fl oz

There are two ways of cooking the cocoa mixture. The first method takes a short while and needs constant attention. The other takes a lot longer and needs very little attention. In both techniques the essential thing is to cook the cocoa mix sufficiently to get rid of any trace of raw powderiness.

So, either put the cocoa, sugar, condensed milk and ordinary milk in a saucepan, bring to the boil then simmer gently for 5 minutes, stirring constantly.

Or, use a double saucepan, combine the same ingredients in the top half of the pan, bring to the boil over direct heat, stirring constantly, then transfer to cook over simmering water. Leave it to cook for 30 minutes, stirring once or twice. When the cocoa mix has cooked transfer the pan to sit in cold water in order to cool it quickly.

When ready, add the whipping cream and the vanilla extract and either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Rich Chocolate Ice Cream

*This is a good straightforward chocolate ice cream that can be used for all sorts of occasions. Not as rich as the **Ultimate Chocolate Ice Cream** (see [page 120](#)), but ideal for ordinary occasions and for making bombes.*

	Metric	US	Imperial
Cocoa powder (unsweetened, sieved)	3 Tbsp	3 Tbsp	3 Tbsp
Unrefined granulated sugar	80 g	1/2 cup minus 2 Tbsp	2 3/4 oz
Whole milk	375 ml	1 1/2 cups	12 fl oz
Plain/semisweet chocolate (min 50% cocoa solids) finely chopped	100 g	3 1/2 oz	3 1/2 oz
Egg yolks	3	3	3
Vanilla extract	1 tsp	1 tsp	1 tsp
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

In a small bowl combine the cocoa powder and half the sugar. Pour in sufficient of the measured milk to form a thin paste and bring the rest of the milk to the boil. Pour the hot milk on to the blend, whisking all the while, then immediately return the mixture to the pan. Now, with the pan positioned on a heat-diffuser mat, bring the cocoa mixture slowly to simmering point, stirring constantly. Once it reaches simmering point, continue to cook gently, stirring, for 6 minutes. This stage is very important, as the long slow cooking ensures all the powdery flavour of the cocoa is cooked out. (We have lost count of the “reputable”™ chocolate ice creams we have tasted where a raw, powdery taste is unpleasantly prominent.) So take it slowly, and keep stirring, because the cocoa blend will catch on the base of the pan the moment your attention wanders. Remove the pan from the heat and stir in the chopped chocolate.

In a separate bowl beat together the egg yolks and remaining sugar until pale. Pour in the chocolate mixture, beating vigorously, then immediately return the mixture to the pan. Again working with the saucepan on a heat-diffuser mat, heat slowly, stirring until the temperature reaches 85Â°C/185Â°F.

Remove the pan from the heat. Add the vanilla extract and sit the base of the pan in a few inches of cold water, until the mixture is cold. Strain (there may be bits in it), cover and chill in the fridge.

When ready, stir in the cream and either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



The Ultimate Chocolate Ice Cream

Berthillon, on Île Saint Louis in Paris, makes the best commercially produced chocolate ice cream we have ever tasted. This started us on a quest for the ultimate chocolate ice cream and this is it.

	Metric	US	Imperial
Cocoa powder (unsweetened sieved)	5 Tbsp	5 Tbsp	5 Tbsp
Unrefined granulated sugar	90 g	1/2 cup minus 1 tsp	3 1/4 oz
Whole milk	375 ml	1 1/2 cups	12 fl oz
Plain/semisweet chocolate (min 50% cocoa solids) finely chopped	150 g	5 1/4 oz	5 1/4 oz
Egg yolks	3	3	3
Vanilla extact	1 tsp	1 tsp	1 tsp
Instant coffee granules	1 tsp	1 tsp	1 tsp
Sugar syrup (see page 70)	65 ml	1/4 cup	2 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	875 ml	3 1/2 cups	28 fl oz

Follow the method for **Rich Chocolate Ice Cream** ([page 118](#)) but add not only the vanilla extract, but also the instant coffee granules and sugar syrup just before the mixture is cooled in a cold water bath.

Continue with the method given for **Everyday Chocolate Ice Cream** ([page 118](#)) to complete the making, chilling and freezing. Serve this on its own. Forget the calories, just enjoy the experience.

VARIATION: You may care to add a teaspoon of rum to it, if you like the suggestion of alcohol in your chocolate.

Chocolate Parfait

Parfaits properly should be flavoured with coffee or alcohol. If you stray from these flavours, you are likely to end up with a less than perfect parfait. But we know that most people love chocolate, so here is our version. Although rich and slightly chewy, this has a light, clean flavour with none of the heaviness you usually get with chocolate ice creams.

	Metric	US	Imperial
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Cocoa powder (unsweetened sieved)	3 Tbsp	3 Tbsp	3 Tbsp
Plain/semisweet chocolate (min 50% cocoa solids) finely chopped	50 g	1 3/4 oz	1 3/4 oz
Egg yolks	4	4	4
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

In a heavy-based saucepan combine the sugar syrup and sieved cocoa powder. Bring slowly to the boil, stirring frequently to make sure that it does not catch. Then, simmer gently for 5 minutes. Alternatively, using a double saucepan, combine the same ingredients in the top half of the pan, bring to the boil over direct heat, stirring constantly, then transfer to cook over simmering water in the base of the pan. Leave to cook for 30 minutes, stirring once or twice.

Remove from the heat and add the chopped chocolate, stirring well to ensure it is completely melted. Allow to cool to 35-40Â°C/95-104Â°F (around blood heat). Then proceed exactly according to the method for **Parfaits** (see [pages 71](#) to [72](#)).

Chocolate Sherbet

This chocolate sherbet is very rich and has a strong chocolate flavour. Chocoholics love it as it contains no cream and so has less cholesterol and fewer calories than ice cream.

	Metric	US	Imperial
Cocoa powder (unsweetened, sieved)	55 g	2/3 cup	2 oz
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Whole milk	500 ml	2 cups	16 fl oz
Vanilla extract	1 tsp	1 tsp	1 tsp
Salt	pinch	pinch	pinch
Makes about	500 ml	2 cups	16 fl oz

In a bowl mix together the cocoa and sugar. Then gradually stir in sufficient of the measured milk to give a smooth, thin paste. Bring the rest of the milk to the boil and pour into the cocoa blend, whisking all the while. Immediately return the mixture to the pan and put the pan on a heat-diffuser mat. Bring to the boil over a gentle heat, and then continue to simmer gently for about 6 minutes, stirring all the while. Remove the pan from the heat, stir in the vanilla extract and salt. Then cool the mixture quickly by sitting the base of the pan in a few inches of cold water. Cover and chill in

the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve on its own or with sliced bananas, or with **Raspberry Ice Cream** (see [page 214](#)).

SIGN IN THE WINDOW AT BRIGAND’S MILK BAR AND SODA FOUNTAIN IN HIGH HOLBORN LONDON WC1

“Our ice cream sodas Are Soda-licious”

THE ICE CREAM INDUSTRY MAGAZINE, SEPTEMBER 1940

Terry’s Chocolate Orange Ice Cream

Terry’s of York originally launched a chocolate apple in 1926. This was so popular that in 1931 they followed it with a chocolate orange. However during the Second World War they were unable to get the ingredients for manufacture and it was not until 1949 that production started again. Then the chocolate apple was withdrawn in 1954 and in 1979 a chocolate lemon was tried for a short time. However it is the chocolate orange that has proved to be the enduring success.

The Terry family were Quakers, as were most of the owners of big chocolate companies, including Fry and Cadbury. They were driven into business by the absurd Victorian laws in England that would not allow Quakers to join the professions.

Terry’s are now owned by Kraft Foods. Alas, as we write, the Terry’s factory is closing in York and the chocolate orange production being moved to somewhere in the EU.

	Metric	US	Imperial
Egg yolks	3	3	3
Whole milk	500 ml	2 cups	16 fl oz
Terry’s Chocolate Orange (175 g)	1	1	1
Whipping/heavy cream (36%)	125 ml	1/2 cup	4 fl oz
Makes about	700 ml	2 3/4 cups	23 fl oz

Whisk the egg yolks lightly in a basin with half of the measured milk.

In the top half of a double saucepan, or a heatproof bowl, combine the remaining milk and chocolate segments. Heat over barely simmering water until the chocolate has melted then pour it into the egg and milk mixture whisking all the time. Return the mixture to the double saucepan or original bowl, and heat and stir over simmering water until it thickens and reaches 85°C/185°F. Immediately cool the custard by plunging the container into a bowl of cold water and leave, stirring occasionally, until cool. Cover the surface directly with oiled greaseproof paper to avoid a skin forming then leave in the fridge until chilled.

When ready, stir in the cream and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

★
The Pioneer Cone
for Pola Maid Ice Cream

★
LARGE SKY HIGH

MEDIUM
SKY HIGH





€™FRRRRRRROZEN€™™ Hot Chocolate

Serendipity 3 is a New York institution and this recipe is the star attraction of the amazing, legendary cafe-ice-cream parlour. It is situated on the East side of Manhattan at 225 East 60th Street between 2nd and 3rd Avenues. Founded in 1954, it is still run by Stephen Bruce, one of the original founders. To swing by Serendipity is a must on any visit to New York. Open from lunch time to midnight most days but until 1.00 am on Fridays and 2.00 am on Saturdays, it is the haunt of the rich, famous and all ice-cream lovers, but you must be prepared to queue. They make one of the biggest banana splits in the world, The Outrageous Banana Split, and have a menu of over twenty truly exotic ice-cream recipes.

The recipe for the Frozen Hot Chocolate is a closely guarded secret. All enquiries are usually fobbed off with hints of elaborate and lengthy preparations. Even Jackie Kennedy could not get the recipe when she wanted to serve it at the White House. But it is now possible to get a frozen Hot Chocolate mix directly from Serendipity in packets, or by the case for real addicts, (see Useful Addresses [page 324](#)). We have always been intrigued with this delicious ice and Stephen has very kindly agreed to let us include his recipe.

	Metric	US	Imperial
Chocolate*	85 g	3 oz	3 oz
Store-bought Hot Chocolate mix**	2 tsp	2 tsp	2 tsp
Unrefined granulated sugar	1 1/2 Tbsp	1 1/2 Tbsp	1 1/2 Tbsp
Milk	375 ml	1 1/2 cups	12 fl oz
Ice cubes (about 24 ice cubes)	750 ml	3 cups	24 fl oz
Whipped cream and chocolate shavings to decorate			
Makes about	750 ml	3 cups	24 fl oz

All for you or 2 portions maximum!

Chop the chocolate into small pieces and put it in a heavy saucepan or in the top of a double boiler. Stir occasionally until melted. Add the hot chocolate mix and sugar, stirring occasionally until blended.

Remove from the heat and slowly add 125 ml/Â½ cup/ 4 fl oz milk, and stir until smooth. Cool to room temperature.

In a blender, place the remaining milk, the chocolate mix and the ice. Blend at high speed—^{***} until smooth and the consistency of a frozen daiquiri.

Pour into a giant goblet and top with whipped cream and chocolate shavings.

*There are numerous varieties you can try with the chocolate, we use Lindt, 85% cocoa solids, chocolate and add an extra 2 Tbsp of sugar.

******We use Cadbury® Highlights instant, sweetened, dark chocolate, hot chocolate mix.

*******[We find that blending in a domestic blender on half speed initially, and then on full speed works best.](#)



Stracciatella Gelato

Stracciatella (literal meaning “little rags”) was originally the name given to a hot broth into which beaten eggs and Parmesan cheese are stirred. The action of stirring and the heat of the soup causes the egg to coagulate into bits like torn paper or little rags. Quite how or why or when it came also to mean a chocolate-speckled ice cream we have been unable to discover; the concept of “little rags” seems to be stretching it. However if you can bear to use a potato peeler along the edge of a chocolate bar to obtain the curls it might come closer to the name rather than the easier method we have suggested in the recipe. A good candidate for serving in ice-cream cones.

	Metric	US	Imperial
Whole milk	875 ml	3 ½ cups	28 fl oz
Egg yolks	12	12	12
Unrefined granulated sugar	170 g	¾ cup	6 oz
Lindt 70% cocoa solids chocolate	100 g	3 ½ oz	3 ½ oz
Makes about	1 litre	4 cups	32 fl oz

Coarse grating chocolate by hand is a miserably messy business. So we suggest you chill the chocolate in the fridge and when ready put the chocolate into a food processor with the blade whirling and pulse until it is in tiny pieces. Set aside in the fridge.

Using the milk, eggs and sugar, make, chill and freeze the ice cream according to the instructions for making **Italian Gelato** using eggs (see [page 75](#)).

When ready, either **still** or **stir freeze** ([page 80](#)) and at the end of the still freezing or churning process add the grated chocolate and continue to churn for a few seconds until the grated chocolate is evenly mixed. Then **store** ([page 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Bicerin Gelato

Torino’s traditional drink (pronounced beech-eh-reen) is a mixture of coffee, chocolate and hot milk. According to Matt Kramer in his wonderful book A Passion for Piedmont (William Morrow and Company, New York, 1997) the name comes from the Piedmontese word, bicerin, meaning piccolo bicchiere or little glass. The drink is served in clear glass inserted in a metal holder to save burning the drinkers’ fingers.

BY ROYAL LETTERS PATENT.
MARSHALL'S PATENT FREEZER.



Complete View.

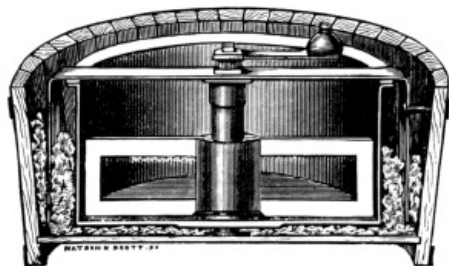
IS PRAISED BY ALL WHO KNOW IT FOR

CHEAPNESS in first cost. CLEANLINESS in working.
ECONOMY in use. SIMPLICITY in construction.
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NO PACKING NECESSARY. NO SPATULA NECESSARY

Smooth and delicious Ice produced in 3 minutes.

SIZES—No. 1, to freeze any quantity up to 1 qt., £1 5 0. No. 2, for two qts., £1 15 0. No. 3, for four qts., £3 0 0. No. 4, for six qts., £4 0 0. Larger sizes to order.



Vertical Section.

Showing the fan inside, which remains still while the pan revolves and scrapes up the film of ice as it forms on the bottom of the pan. The ice and salt is also shown under the pan; there is no need to pack any round the sides.

Can be ordered direct from MARSHALL'S SCHOOL OF COOKERY, or through any Ironmonger.

For Italians, bicerin, like cappuccino, is only appropriate for morning drinking and what a wonderful way to start the day. We speak from personal experience; this gelato was conceived sipping bicerin in the Caff  Confetteria al Bicerin in the Piazza della Consolata in Torino. As a feminist aside, it is interesting that since it opened in 1736, the cafe has been owned and operated by women. According to Fred Plotkin in Italy for the Gourmet Traveller (Kyle Cathie, London 1997) traditionally only men frequented cafes, however because this cafe was opposite the Santurio della Consolata and under female management it was a place where women felt they could go for coffee after communion at the Basilica across the piazza.

	Metric	US	Imperial
Strong espresso coffee, freshly made	250 ml	1 cup	8 fl oz
Whole milk	500 ml	2 cups	16 fl oz
Unrefined granulated sugar	165 g	³ / ₄ cup + 1 Tbsp	5 ³ / ₄ oz
Egg yolks	8	8	8
Bittersweet chocolate* finely chopped	100 g	3 ¹ / ₂ oz	3 ¹ / ₂ oz
Makes about	900 ml	3 ³ / ₄ cups	30 fl oz

*Lindt Excellence Dark chocolate, 70% cocoa, we find to be the best.

Combine the espresso coffee with the milk, then make exactly according to the **Italian Gelato** recipe on [page 75](#).

When the coffee custard has thickened remove from the heat and beat in the chopped chocolate until completely melted. Cover the surface with an oiled piece of greaseproof paper in direct contact with the custard to avoid a skin forming and leave to cool. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Burnt Chocolate Gelato

This recipe is definitely not for the faint hearted. It is extraordinary. It requires, as the title suggests, burning chocolate which generates copious amounts of smoke. So if you do not have a kitchen with a very good industrial-type extractor system, we suggest you   burn  ™ the chocolate on a barbecue outside.

The complex chocolate flavour of the ice cream was a hit with our most trusted testers who all said it was well worth the effort   just warn the neighbours.

	Metric	US	Imperial
1 recipe Standard Italian Gelato page 75			
Cadburys Dairy Milk Chocolate or Nestle Toll House chocolate morsels	150 g	6 oz	6 oz
Makes about	800 ml	3 1/4 cups	26 fl oz

Make the **Standard Italian Gelato** ([page 75](#)) and chill.

You must use a chocolate with a low cocoa solid content and therefore a lot of fat in it. The two chocolates above work well with this recipe. It will not work with high cocoa solid chocolates.

Break the chocolate into small pieces, 1 cm/1/2 inch and put them into a heavy-based pan. Place the pan over a medium flame and cook the chocolate for about 1 minute then stir. Be prepared as it will produce clouds of smoke. Continue for about another 5 minutes stirring the chocolate once per minute until it is completely charred.

Remove from the heat and allow to cool for about 10 minutes, and then slowly, stirring constantly, add the burned chocolate to the gelato custard mix. Cover and allow to infuse for 30 minutes. Sieve to remove large pieces of burnt chocolate and then chill in the refrigerator. When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Nutella® Gelato

Nutella®, a spread made mainly from chocolate and toasted hazelnuts, was invented after the Second World War by Pietro Ferraro, founder of the Ferraro company in Alba in Piedmont, right in the centre of the hazelnut-growing area of Italy. It was first made commercially in Italy in 1947. Not imported into the USA until 1983 it is now the largest selling chocolate spread in the world. Nutella® claims that they now outsell the entire world peanut butter market. Having seen the 5 kilo jars on sale in Rome over Christmas we can believe that.

Nutella® is now made in the United States but the flavour has been modified to what they think better suits the American taste. The American edition has a distinctly peanut flavour. Our verdict? Try to get the original product produced in Italy.

	Metric	US	Imperial
Unrefined granulated sugar	110 g	1/2 cup + 2 tsp	3 3/4 oz
Egg yolks	4	4	4
Nutella®	4 Tbsp	4 Tbsp	4 Tbsp
Whole milk	500 ml	2 cups	16 fl oz
Makes about	625 ml	2 1/2 cups	20 fl oz

Make according to the instructions for **Gelato made with eggs** on [page 75](#), but add the Nutella® to the beaten egg yolks and sugar before adding the milk.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Best served on its own.

Chocolate & Fresh Mint Ice Cream

Why do so many recipes for chocolate and mint ice cream contain mint essence when fresh mint is widely available all-year-round and gives a much better, more subtle, rounded flavour? The intensity of the mint will vary though, according to variety and season. Just taste the mix carefully at intervals, leaving the mint to infuse in the mix a little longer if you think it could be stronger.

	Metric	US	Imperial
One recipe Everyday Chocolate Ice Cream (see page 118) omitting the vanilla extract			
Fresh mint sprigs	4 x 10 cm	4 x 4 inch	4 x 4 inch
Makes about	1.1 litres	4 1/2 cups	36 fl oz

Make up and simmer the chocolate mixture according to the recipe for **Everyday Chocolate Ice Cream** (see [page 118](#)). Whilst it simmers, quickly rinse and dry the mint. Bruise the sprigs with a rolling pin, and then put them into a measuring jug.

As soon as the chocolate mixture has cooked, pour it on to the mint in the jug. Leave to cool, then cover and chill overnight in the fridge. Keep tasting, and as soon as you have a good positive flavour (bearing in mind that you will be adding the cream), remove the mint. When ready, add the whipping cream (but not the vanilla extract) and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Chocolate Ice Cream with Rosemary

The inspiration for this combination originated from a dessert recipe by David Wilson of the Peat Inn, Fife, in Scotland. If the idea of combining chocolate and rosemary was all his own, the man is little short of a genius; the combination is excellent.

	Metric	US	Imperial
One recipe Everyday Chocolate Ice Cream (see page 118) omitting the vanilla extract and substituting sprig fresh rosemary	1 x 15 cm	1 x 6 inch	1 x 6 inch
Makes about	1.1 litres	4 1/2 cups	36 fl oz

Make up exactly as the recipe for **Chocolate and Mint** but substitute rosemary for the mint.

Chocoalte & Spice Biscuit Ice Cream

It could be a deterrent to find that the biscuits need baking before you make the ice cream. However, since there is nothing on the market which is remotely like the flavour of these biscuits, and the combination of spices with the chocolate ice cream is so good, we just had to include it. We particularly liked the crisp consistency that the biscuits retain in the ice cream.

	Metric	US	Imperial
One recipe Everyday Chocolate Ice Cream (see page 118) Allspice Biscuits 160 g (see page 281), crumbled	2 cups	5 3/4 oz	
Makes about	1.5 litres	6 cups	48 fl oz

Follow the recipe for **Everyday Chocolate Ice Cream** (see [page 118](#)) up to the stage where the ice cream has just completed churning. As it is transferred to the plastic freezer boxes, sprinkle in the crumbled biscuits. Stir briefly to distribute the pieces of biscuit evenly throughout the ice cream. Then cover and **store** ([page 81](#)).

Chocolate Brownie Ice Cream

Most people have their own favourite chocolate brownie recipe, but fudgy or cakey it does not matter, all varieties seem to work in this ice cream – even packet-mix brownies. Pecans, walnuts, hazelnuts and salted peanuts can be added to the brownie mix, but coconut gets a definite thumbs down.

	Metric	US	Imperial
One recipe Everyday Chocolate Ice Cream (see page 118) Chocolate brownies, 160 g diced, approx	2 cups	5 3/4 oz	
Makes about	1.5 litres	6 cups	48 fl oz

Follow the recipe for **Everyday Chocolate Ice Cream** (see [page 118](#)) up to the stage where the ice cream has just completed churning. As it is transferred to the plastic freezer boxes, sprinkle in the diced brownies. Stir briefly to distribute the pieces of brownie evenly throughout the ice cream.

DUCE BANS ICE CREAM

Ice cream, previously allowed in Italy on only two days a week, has now been prohibited altogether.

The announcement was made on the Rome wireless in a manner that suggested that the loss of ice cream was really a comfort to the Italians, as also were the loss of pastries, which were banned simultaneously.

THE Ice CREAM INDUSTRY MAGAZINE, DECEMBER 1940

NOTE: Ice cream was not banned in England until october 1942

Chocolate & Hazelnut Ice Cream

We have tried other nuts in combination with chocolate ice cream but none are as successful as hazelnuts.

	Metric	US	Imperial
One recipe Everyday Chocolate Ice Cream (see page 118) Hazelnuts, chopped and toasted	140 g	1 cup	5 oz
Makes about	1.3 litres	5 1/4 cups	42 fl oz

Follow the recipe for **Everyday Chocolate Ice Cream** (see [page 118](#)) up to the stage where the ice cream is just about ready, at this point, add the hazelnuts. Leave the machine in motion or stir by hand just long enough to distribute the nuts evenly. Then **store** ([page 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Chocolate Malted Ice Cream

For lovers of malted milk shakes, malted milk ice creams are a real taste of paradise. Malted milk is sold under a number of brand names, but we have always used Horlicks[®].

	Metric	US	Imperial
One recipe Everyday Chocolate Ice Cream (see page 118)			
Malted milk powder	8 Tbsp	8 Tbsp	8 Tbsp
Makes about	1.25 litres	5 cups	40 fl oz

Follow the recipe for **Everyday Chocolate Ice Cream** (see [page 118](#)). Just before churning put the mixture in a liquidiser and add the malted milk powder. Liquidise for about 30 seconds.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Rocky Road

In 1929 the Dreyer’s® Grand Ice Cream Company in Oakland, California, made history when its owner, William A. Dreyer, and partner Joseph Edy first added toasted almonds and marshmallows to a batch of chocolate ice cream. It appealed to the nation’s taste to such an extent that today it is still one of America’s best-selling flavours.

The partners certainly had the makings of a good team. Joseph Edy, who owned a candy store which also sold ice cream, had produced a very successful Rocky Road candy bar, a lumpy mixture of chocolate, almonds and marshmallows. William Dreyer, erstwhile Professor of Advanced Ice Cream Manufacturing at the University of California in Davis, noted the popularity of the bar and with simple genius substituted chocolate ice cream as a vehicle for the nuts and marshmallows. (Purists, please note: the original recipe did not contain chocolate chips!)

The tricky bit is the sticky bit: cutting up the marshmallows. This was a considerable labour for William Dreyer until a supplier took pity on him and developed miniature marshmallows. Unfortunately they are hard to find in Britain. In order to keep your sanity when cutting up the conventionally sized marshmallows, try regularly dipping the scissors into hot water and snipping them into eight.

	Metric	US	Imperial
One recipe Everyday Chocolate Ice Cream (see page 118)			
Whole skinned almonds	75 g	1/2 cup	2 3/4 oz
Marshmallows, snipped	120 g	1 cup	4 1/4 oz
Makes about	1.5 litres	6 cups	48 fl oz

Make up the chocolate mix for **Everyday Chocolate Ice Cream** (see [page 118](#)) and leave to chill in the fridge.

Meanwhile brown the almonds by roasting them on a baking tray in a preheated oven, 180°C/350°F/Gas Mark 4, for about 8 minutes. The instant you can smell them in the kitchen they are ready. Remove from the oven and leave to cool before chopping to the size of salt crystals. Snip each marshmallow into 8 as described in the introduction above.

When ready, either **still** or **stir freeze** ([page 80](#)) the chocolate mix. As the ice cream reaches the final stage of freezing add the nuts, then the marshmallow bits and stir carefully by hand or allow the ice cream three or four more revolutions before stopping the machine. Then **store** ([page 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Mars Bar® Ice Cream

This is our answer to the phenomenon of the Mars® Bar Ice Cream. The success of this product launched in the 1990s rocked the British ice-cream industry by taking 10% of the market in the first 22 months – an unprecedented achievement. Such was its success that it prompted manufacturers to develop a whole range of ices based on different candy bars. Although the Mars® Bar Ice Cream is readily available, we think our version is superior.

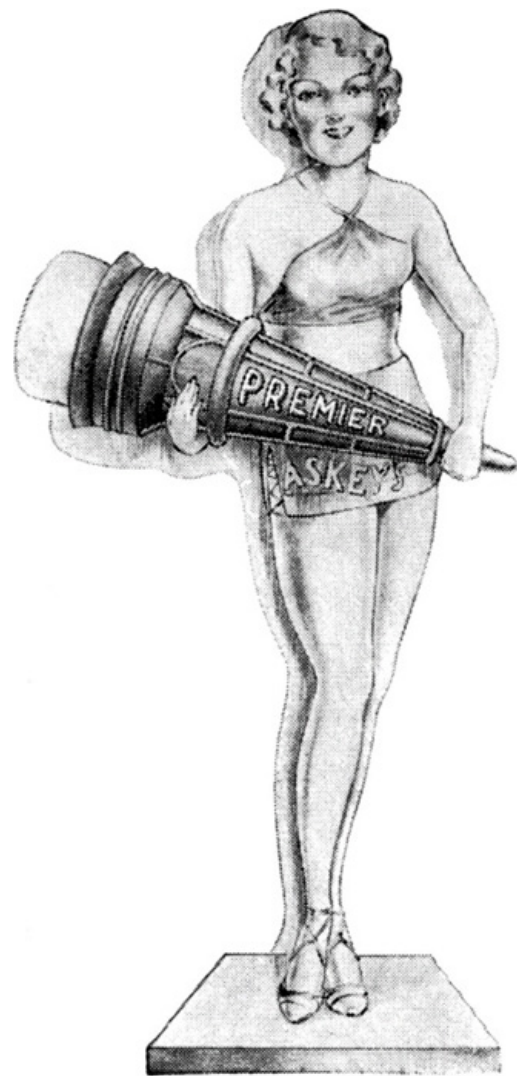
Serve with **Chocolate Fudge** (see [page 268](#)) or **Butterscotch Sauce** (see [page 267](#))

	Metric	US	Imperial
Mars bars® or in US Snickers™	4 x 65 g	4 x 2 1/4 oz	4 x 2 1/4 oz
Whole milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat), chilled	500 ml	2 cups	16 fl oz
Makes about	1 litre	4 cups	32 fl oz

Chop each Mars®/Snickers™ bar in four and put in a saucepan with the milk. Heat gently, stirring frequently, until all but a few unmelted bits remain. Do not worry about these as they will disappear in the churning action of the ice-cream machine. Remove the pan from the heat and transfer to sit in a few inches of cold water to cool the mixture quickly.

When ready, add the chilled cream and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

MARS® is the registered trade mark of Mars Ltd., England.



Chocolate & Port Gelato

This ice cream is based on an early 18th century chocolate drink that we produced for an evening to celebrate John Harrison (the inventor of the chronometer). Ivan Day had recommended the recipe for a chocolate and port drink from William Salmon's, The Family Dictionary

1710. We thought it was so delicious that it would make a wonderful gelato. This is the most sophisticated rich chocolate flavour you will ever taste: Strictly for adults only. Don't even think about the calories, just enjoy it.

	Metric	US	Imperial
Egg yolks	3	3	3
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Whole milk	500 ml	2 cups	16 fl oz
Lindt 99% cocoa solid chocolate* (Two packets)	200 g	7 oz	7 oz
Ruby port**	250 ml	1 cup	8 fl oz
Makes about	1 litre	4 cups	32 fl oz

Make the custard using the eggs, sugar and milk over direct heat ([page 75](#)), or in a microwave ([page 78](#)).

When the custard is made, immediately add the chocolate, whisking in about 12 squares at a time, while the mixture is still hot. Make sure that the chocolate is completely melted and evenly mixed before cooling the pan in a basin of cold water. Chill thoroughly; preferably overnight in the fridge.

On no account add the port while the custard is warm or the chocolate will become very granular and ruin the texture of the gelato.

When ready, add the port and whisk to mix briefly then either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Allow to harden in the freezer for at least 24 hours. This ice cream is ready to serve directly from the freezer due to the high alcohol content.

Serve in exquisite small portions in shot glasses.

*If using 85% cocoa solid chocolate, reduce the sugar in the recipe by about 30 grams, but always taste to confirm the sweetness. If using 70% cocoa solid chocolate, reduce the sugar in the recipe by about 50 grams, but always taste to confirm the sweetness.

**We use Crofts Indulgence Port but any quality red port will do. It is not necessary to use a really good vintage port, keep that for drinking.

Chocolate & Pedro Ximenez Sherry Gelato

Pedro Ximenez is the “cream of cream sherries”™ and a wonderful dessert wine. This rich sweet wine drizzled over a vanilla ice cream is simply delicious and can transform even an ordinary commercial ice cream into something special.

	Metric	US	Imperial
Egg yolks	3	3	3
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Whole milk	500 ml	2 cups	16 fl oz
Lindt 99% cocoa solid chocolate (Two packets)	200 g	7 oz	7 oz
Pedro Ximenez sherry	250 ml	1 cup	8 fl oz
Makes about	1 litre	4 cups	32 fl oz

Using the above ingredients make the Chocolate and Sherry gelato exactly as **Chocolate and Port Gelato** above, substituting Sherry for Port.

Chocolate Gelato with Tobacco

We developed this recipe after reading of a tobacco and chocolate ice cream from a restaurant, Syrah, in downtown Santa Rosa in California. It sounded intriguing to us.

We consulted a research pharmacologist on the possible effects of using this ingredient. He assured us that using such a small quantity, infused for such a short time constituted only a negligible risk. We then tracked down an organic tobacco. We use “Natural American Spirit, 100% Chemical Additive Free Tobacco”™. (See Useful Addresses [page 324](#).)

The tobacco gives the chocolate gelato a subtle peppery aftertaste and combines with the chocolate brilliantly.

	Metric	US	Imperial
Cocoa powder (unsweetened)	3 Tbsp	3 Tbsp	3 Tbsp
Unrefined granulated sugar	85 g	¹ / ₂ cup minus 1 Tbsp	3 oz
Milk	625 ml	2 ¹ / ₂ cups	20 fl oz
Egg yolks	5	5	5
Chocolate (85% cocoa solids)	100 g	3 ¹ / ₂ oz	3 ¹ / ₂ oz
Tobacco (teased out)	1 ¹ / ₂ Tbsp	1 ¹ / ₂ Tbsp	1 ¹ / ₂ Tbsp
Makes about	750 ml	3 cups	24 fl oz

Make exactly as per **Chocolate Gelato** [page 117](#). After adding and whisking in the broken chocolate, add the tobacco and stir well. Leave to

infuse for 30 minutes. Then strain through a fine sieve to remove the tobacco and chill.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve either with roasted banana or figs. Also goes well with puddings that have a definite Muscavado/ black treacle flavour.

White Chocolate Ice Cream

It proved quite difficult to produce an ice cream with an identifiable white chocolate flavour. Using as much white chocolate as possible would seem to be the logical answer, but in practice this does not work. It produced an over fatted ice cream which registers as a sandy texture on the tongue, which for our money (and white chocolate is too expensive to waste) was distinctly unpleasant.

So do not be seduced into making any of the many recipes around that use more than 15% white chocolate to 85% custard/cream. The problem is that most White Chocolate Ice Creams taste sandy and the secret is to get the ratio of white chocolate to cream correct. All in all we think it comes off best when used as a background or vehicle for other, stronger flavours. So try our recipes here and use them as a basis for your own experiments.

NOTE: Some brands of white chocolate are so low in cocoa butter/solids that they will not melt, so please use a brand that contains a minimum of 25% cocoa butter/solids. This information is given on the back of the packet. **If it is not specified, do not buy that brand.** We always use Lindt Swiss white chocolate as it is so readily available. For more information on white chocolate see [Ingredients page 58](#).

This recipe comes from the American Chocolatier Magazine’s book Glorious Chocolate. It is the best recipe for white chocolate ice cream that we have ever tasted.

	Metric	US	Imperial
Swiss white chocolate bars	2 x 85 g	2 x 3 1/4 oz	2 x 3 1/4 oz
Egg yolks	4	4	4
Unrefined granulated sugar	150 g	3/4 cup	5 1/4 oz
Whipping/heavy cream (36% fat)	750 ml	3 cups	24 fl oz
Whole milk	250 ml	1 cup	8 fl oz
Makes about	1.25 litres	5 cups	40 fl oz

Finely chop the chocolate and heat it in a double saucepan or in a heatproof glass bowl over hot, *not* boiling, water, stirring constantly, until smooth.

In a large bowl, combine the egg yolks with the sugar and beat, preferably with an electric hand whisk, until the mixture is pale and thick enough to hold the shape when a ribbon of the mix is trailed across the surface.

In a heavy non-reactive pan, bring the cream and milk to just below boiling point. Pour about half of the milk and cream into the egg and sugar mixture, whisking constantly. Next pour the remainder of the milk and cream mixture into the melted chocolate, whisking constantly until well blended. Return both these mixtures to the saucepan and continue heating slowly, stirring constantly, with the saucepan on a heat-diffuser mat, until the custard is thickened and the temperature has reached 85°C/185°F. As soon as the custard has reached the right temperature, plunge the base of the pan into a few inches of cold water. On no account should the custard be allowed to overheat or boil as the mixture will curdle. (For how to deal with an overheated custard see [page 74](#).) Leave to cool, stirring occasionally. Strain the custard into a jug, and cover the surface of the custard with buttered greaseproof paper. Store in the refrigerator until well chilled.

When ready add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Freeze for at least four hours, or if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve with **Blueberry Sauce** ([page 266](#)) or top with dried blueberries. To get the best flavour out of these berries take about 100 g dried blueberries and put in a small pan with 3 Tbsp gin, heat until steaming, cover and leave to cool and plump up in the alcohol. Serve spooned on top of the ice cream. Dried sour cherries are very good treated in the same way.

White Chocolate Ice Cream with Toasted Almonds

	Metric	US	Imperial
One recipe White Chocolate Ice Cream (see opposite)			
Whole blanched almonds	180 g	1 cup	6 1/2 oz
Makes about	1.5 litres	6 cups	48 fl oz

Grill the almonds on a baking tray for 3-5 minutes until light golden brown. When ready, transfer the nuts to another baking tray to stop cooking and cool completely. Chop coarsely. Either **still** or **stir freeze** ([page 80](#)) the ice cream. When it is ready to **store** ([page 81](#)), stir in the toasted nuts well to ensure even distribution. Serve within an hour, or if frozen solid allow 30 minutes in the fridge to soften sufficiently for serving.

White Chocolate Ice Cream with Sour Cherries

*We use Polish sour cherries available in glass jars from delicatessens. See also **Morello Cherry Ice Cream**, [page 115](#).*

	Metric	US	Imperial
One recipe White Chocolate Ice Cream (see opposite)			
Sour Morello cherries*	110 g	1/2 cup	3 3/4 oz
Makes about	1.5 litres	6 cups	48 fl oz

Drain the cherries completely and chop coarsely. Either **still** or **stir freeze** ([page 80](#)) the ice cream. When it is ready to **store** ([page 81](#)), stir in the chopped cherries well to ensure even distribution. Serve within an hour, or if frozen solid allow 30 minutes in the fridge to soften sufficiently for serving.

Christmas Cake ice Cream

Surprisingly successful, this really does have the flavour of Christmas about it. We use a standard Christmas cake, including the marzipan, but not the sugar icing.

We much prefer this type of flavoured ice to those made with mincemeat. The suet, or other fat, used in the mincemeat is detectable in the ice cream and gives an unpleasant taste.

	Metric	US	Imperial
Whole milk	375 ml	1 1/2 cups	12 fl oz
Soft light brown sugar	100 g	1/2 cup	3 1/2 oz
Egg yolks	3	3	3
Whipping/heavy cream (36% fat)	185 ml	3/4 cup	6 fl oz
Brandy	1 Tbsp	1 Tbsp	1 Tbsp
Christmas cake, diced	175 g	1 1/4 cups	6 1/4 oz
Makes about	1 litre	4 cups	32 fl oz

Using the above quantities of milk, soft light brown sugar, egg yolks and cream, prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)). Continue up to the stage when the chilled custard is combined with the cream. At this point stir in the brandy.

When ready, either **still** or **stir freeze** ([page 80](#)). When the ice cream is ready to store sprinkle in the diced cake and stir or churn briefly to ensure even distribution and **store** ([page 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

VARIATION: This can be used to make a bombe. See **Christmas Cake Ice Cream with Brandy Parfait Bombe** [page 262](#).

Cider Sorbet

This is an ideal store-cupboard recipe. It can be produced at short notice and always impresses. We prefer to use a very dry cider.

	Metric	US	Imperial
Dry cider	600 ml	2 3/8 cups	20 fl oz
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Chill the cider, add the syrup and lemon juice to taste.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

Freeze for at least four hours or overnight. If frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Cinnamon Ice Cream

Cinnamon is one of those spices that dies quickly, the powder form, inevitably, losing fragrance and flavour faster than the cinnamon sticks or quills. If the aroma does not hit you when you take the lid off the jar, throw it out and buy some fresh.

	Metric	US	Imperial
Whole milk	600 ml	2 1/2 cups	20 fl oz
Vanilla bean	1	1	1
Unrefined granulated sugar	250 g	1 1/4 cups	8 3/4 oz
Egg yolks	6	6	6
Cinnamon sticks	30 cm	12 inches	12 inches
Whipping/heavy cream (36% fat)	300 ml	1 1/4 cups	10 1/2 fl oz
Makes about	1 litre	4 cups	32 fl oz

Using the above quantities of milk, vanilla bean, sugar and egg yolks, prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)), adding the cinnamon stick, broken into short lengths, at the same time as the vanilla bean. Cool the custard, then cover and chill in the fridge overnight to allow the cinnamon flavour to develop.

When ready add the cream, remove the vanilla bean and cinnamon stick, then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Citrus Sorbet

Given the strong sweet/sharp flavours of citrus fruit it is almost impossible to make an indifferent citrus sorbet. However, it is important to get the sugar balance correct as the many different varieties of each fruit vary considerably in acidity. Taste, taste and taste again to get the balance right for this sorbet. It should be slightly tart.

	Metric	US	Imperial
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Water	125 ml	1/2 cup	4 fl oz
Oranges	6	6	6
Grapefruit	1	1	1
Lemons	2	2	2
Limes	2	2	2
Makes about	750 ml	3 cups	24 fl oz

In a small saucepan combine the sugar and water. Heat slowly stirring frequently until the sugar dissolves. Then leave to cool and chill in the fridge.

Meanwhile, put 1 orange, the grapefruit, 1 lemon and 1 lime into warm soapy water. Scrub the fruit; then rinse thoroughly and dry. Use a zester to remove short strips of coloured rind from each fruit. Transfer the strips to a sieve, pour a kettle full of boiling water over them, and then leave to drain on a pad of kitchen paper.

Squeeze and strain the juice from all the fruit into a bowl, and combine with the cooled syrup and strips of zest. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Clementine Sorbet

With the bewildering variety of citrus fruits available, we decided to keep things simple. We aimed for a flavour that was clearly not lemon, lime, orange or grapefruit, and found that the flavour of clementines came through clean, clear, direct and unmistakable.

	Metric	US	Imperial
Clementines	10	10	10
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	750 ml	3 cups	24 fl oz

Scrub the clementines in soapy water then rinse and dry them. Using a zester, remove only the coloured part of the zest from 5 of the clementines. Put the zest in a non-reactive saucepan with the sugar syrup, bring to the boil, then lower the heat and simmer for 1 minute. Cover and leave aside to cool. When cooled, strain the sugar syrup and discard the zest. (You can keep some of the zest for decoration if you wish.) Squeeze the clementines and add the strained juice and the lemon juice to the flavoured sugar syrup. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Clove ice Cream

This is tailor-made for those who prefer to have ice cream served on top of puddings. Try this with apple pie or rhubarb crumble.

	Metric	US	Imperial
Whole milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Cloves	18	18	18
Egg yolks	6	6	6
Unrefined granulated sugar	70 g	¹ / ₃ cup + 1 tsp	2 ¹ / ₂ oz
Makes about	850 ml	3 ¹ / ₂ cups	28 fl oz

Combine the milk, cream and cloves (yes, 18) in the top half of a non-reactive double saucepan. Sit this over a base pan of simmering water and allow the cream to reach just below boiling point. Turn off the heat, cover and leave the cream to keep hot and infuse for about 20 minutes. Taste regularly to assess the strength of the clove flavour, bearing in mind that when frozen the taste will be milder. Also consider the other puddings or ice creams this is to be served with; e.g. apple pie and rhubarb crumble will take a stronger flavour; a milder flavour is better if you are serving it with other ice creams or sorbets.

Strain the cream to remove the cloves and pour it back into the top half of the double pan. In a bowl whisk the egg yolks and sugar until foamy, and stiff enough to support a trail of mix. Pour half the hot cream into the bowl in a thin stream, whisking constantly. Return the blend to the rest of the cream and heat over a base pan of barely simmering water until the custard is thick enough to coat the back of a spoon (85Â°C/185Â°F).

Strain the mixture into a bowl and cover with a sheet of buttered greaseproof paper to prevent a skin forming. Leave to cool, then chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Toasted Coconut Ice Cream

This recipe is based on using fresh coconut. For those who have never dealt with a coconut it can seem a problem, prompting people to reach for ice picks, sledge-hammers and electric drills. Our technique is not so dramatic. Since it is simpler and safer than most advice we have read on the subject, we pass it on.

First though, when buying a coconut, shake it; it should have an unmistakable, generously sloshing sound. Then check the three "eyes"; none of these should be mouldy or show any sign of damage. To open the coconut you first need to drain off the water inside. (It is called water, not milk.) A few experimental jabs will establish that one eye is softer than the other two. (This is the eye through which the coconut would have sprouted.) We find it easiest to use a corkscrew to make the first hole in this eye and then enlarge it with a kebab-type skewer. Use the corkscrew to make a second hole in another eye to avoid an air lock. Leave the coconut upside down to drain into a large glass or mug.

To open the shell, cover the coconut with a towel, place it on a stone or concrete floor and hit it with a hammer. This usually both cracks the shell and frees the meat at one and the same time. Try using a sharp potato peeler to pare off the thin brown skin, as this has proved to be safer than a knife. Any coconut meat left over keeps best immersed in coconut water, in the fridge.

After all your hard work you will be rewarded with the most gloriously flavoured ice cream.

	Metric	US	Imperial
Fresh coconut	1	1	1
Whole milk	560 ml	2 ¹ / ₄ cups	18 fl oz
Egg yolks	6	6	6
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Whipping/heavy cream (36% fat)	375 ml	1 ¹ / ₂ cups	12 fl oz
Vanilla extract a few drops			
Makes about	1 litre	4 cups	32 fl oz

Preheat the oven to 160Â°C/325Â°F/Gas Mark 3. Prepare the coconut as outlined above. Coarsely grate the white meat either by putting it through the coarse grater disc of a good processor or by hand. Spread evenly over a large baking tray and bake for about 15 minutes or until the coconut is golden. Stir occasionally so that the coconut pieces brown evenly.

Measure 80 g/¹/₄ cup/2 ³/₄ oz of the toasted coconut into a saucepan, reserving the remainder in a sealed container. Add the milk and heat gently until the first bubbles appear. Remove the pan from the heat, cover and leave to infuse for about 30 minutes. Strain the milk, pressing the coconut firmly to extract all the juices. Measure the coconut milk and make it up to 375 ml/ 1 ¹/₂ cups/12 fl oz with fresh milk if necessary. Return the coconut milk to the saucepan and bring back to boiling point.

Meanwhile, whisk the egg yolks and sugar together in a heatproof bowl and proceed as for **Standard French Vanilla Ice Cream** [page 72](#).

When the custard is cool, cover and chill in the fridge.

When ready, add the chilled cream, stir the cream and vanilla into the custard the either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Scoops of the ice cream can be served with a sprinkling of the remaining toasted coconut.



Easy Coconut Ice Cream

Having one recipe with fresh coconut, we thought it would be useful also to include a very quick, easy one made with canned coconut milk or desiccated or creamed coconut. However, these ingredients did not produce anything like a satisfactory result, until, in desperation, we tried using dried coconut milk powder. This comes in a sealed foil pack in a box and looks like any other fine milk powder.

The hard work is confined to opening the box and packet; the flavour of the ice cream is amazingly good! Which all goes to prove a good cookery maxim; keep an open mind.

	Metric	US	Imperial
One recipe Soft Scoop Vanilla Ice Cream (see page 237)			
Coconut milk powder	6 Tbsp	6 Tbsp	6 Tbsp
Makes about	875 ml	3 1/2 cups	28 fl oz

Make the ice cream according to the method for making **Soft Scoop Vanilla Ice Cream**, whisking in the coconut milk powder following the addition of the hot milk to the beaten sugar and egg.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Iced Froth or Mousse Glace

This is a novelty from Jules Gouff  s Book of Preserves, 1871 in which he illustrates all the equipment needed for this recipe. It is really an iced syllabub without the alcohol using   1 qt double cream,   1/2 pint very strong coffee,   3/4 lb pounded sugar. I consider these froths, on account of their lightness, superior to either Ices or Sorbets  .

The   frothing stick, which can be obtained from all respectable turners   is   twirled with great ease between the hands  . The froth is then removed from the basin with a skimmer and placed on a flat round hair sieve. It is then transferred directly into jelly glasses and then the jelly glasses are put into a   freezing-case until wanted  .

Coffee Iced Froth

This is our modern reconstruction of the Gouff   recipe.

	Metric	US	Imperial
Double cream (48% fat)	1 litre	4 cups	32 fl oz
Strong black coffee	250 ml	1 cup	8 fl oz
Unrefined granulated sugar	340 g	1 ¾ cups	12 oz
Makes about	1.25 litres	5 cups	40 fl oz

You really need cream with 48% fat content for this and it can be obtained from good supermarkets or speciality food shops. US heavy cream is only 36% fat and it will not be as good for this recipe but you can use it.

Dissolve the sugar in the hot coffee. Cool in the refrigerator. Chill the glasses in the fridge.

Mix the cream with the sweetened coffee and whisk with an electric whisk, and using a skimmer, remove the foam, as it forms, to a sieve, preferably flat (an old fashioned drum sieve is ideal). This is to let the foam drain and dry and to remove all the liquid cream. Then gently move the foam to the glasses using a dessert spoon. Do not push the foam down or try to compress it. Then freeze until needed.

Do not keep the glasses in the freezer longer than about 3 hours and do not use valuable antique glasses, just in case.

Espresso Coffee Ice Cream

Quite simply the best coffee ice cream we have ever tasted.

	Metric	US	Imperial
Fresh espresso beans	40 g	½ cup	1 ½ oz
Whole milk	375 ml	1 ½ cups	12 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Egg yolks	5	5	5
Unrefined granulated sugar	150 g	¾ cup	5 ¼ oz
Makes about	1 litre	4 cups	32 fl oz

Put the coffee beans in a food processor or blender and grind for 10 seconds.

Combine them in a saucepan with the milk and cream and heat gently, stirring occasionally, until bubbles start to appear around the edge. Then remove the pan from the heat, cover and leave until cold. In a heatproof bowl combine the egg yolks and sugar and beat, preferably with an electric hand mixer, until the mixture is pale yellow and a lighter consistency.

Now bring the coffee infusion back to just below boiling point then pour in stages through a fine strainer onto the egg yolks and sugar, whisking between each addition. Then proceed as for **Standard French Vanilla Ice Cream** [page 72](#). Once cold, cover and chill in the fridge. When ready, add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

White Coffee Gelato

Elizabeth David in her book, Harvest of the Cold Months, referred to Guglielmo Jarrinâ€™s “exquisite white coffee ice cream”™. This recipe was in Jarrinâ€™s Italian Confectioner published in 1820 and written while he was working for Robert Gunter, the famous confectioner, in Berkeley Square in London. In our research into the origins of ice-cream recipes and our efforts to try to find out exactly who copied whom, we find that the earliest reference to this white coffee ice is in Emy published in 1768. This is probably where Jarrin got the inspiration. It is also mentioned in Borella published in 1770.

The recipe is interesting in that, instead of grinding roast coffee beans, they are infused whole in the hot milk and then discarded. The result is an almost completely white coffee ice. You can use any type of coffee bean but if you can source Java beans, which are particularly recommended by Elizabeth David, this is probably the best place to start. We prefer making this ice as a gelato so you get the fullest possible flavour of the coffee beans coming through.

	Metric	US	Imperial
Whole milk	750 ml	3 cups	24 fl oz
Coffee beans, whole	30 g	¼ cup	1 oz
Unrefined granulated sugar	170 g	1 cup minus 2 Tbsp	6 oz
Egg yolks	10	10	10
Makes about	1.25 litres	5 cups	40 fl oz

Heat the coffee beans in the milk to just below boiling point. Cover, cool and leave in the fridge for at least 12 hours or overnight. Strain and reserve the milk; discard the coffee beans.

Make the gelato according to the **Standard Gelato** recipe [page 75](#).

This sophisticated ice is best served on its own so that the integrity of the coffee flavour can be appreciated.

Coffee Granita

	Metric	US	Imperial
Water	875 ml	3 1/2 cups	28 fl oz
Unrefined granulated sugar	210 g	1 cup	7 1/2 oz
Strips of lemon peel (2.5 cm/1 inch)	3	3	3
Instant coffee	5 Tbsp	5 Tbsp	5 Tbsp
Kahlua®*	2 Tbsp	2 Tbsp	2 Tbsp
Makes about	1 litre	4 cups	32 fl oz

* Mexican coffee liqueur

Measure 250 ml/1 cup/8 fl oz of the water into a small pan and add the sugar and strips of lemon peel. Bring to the boil. Boil for 30 seconds, and then remove the pan from the heat. Stir in the coffee and a further 625 ml/ 2 1/2 cups/20 fl oz of cold water. Add the Kahlua and chill the liquid in the fridge. Discard the lemon strips.

For detailed instructions on how to prepare **Granita** see [page 71](#).



Granita di Caff  Espresso

The Gelateria Tirreno, in Formia, Italy, makes an excellent coffee granita. In fact it is their speciality, and their method of serving is a good one to try. Spoon the freshly made coffee granita into a tall, chilled glass. Push the handle of a wooden spoon through the centre down to the base of the glass and wind it round to create a conical cavity; fill with whipped cream. Serve pronto!

	Metric	US	Imperial
Water	500 ml	2 cups	16 fl oz
Ground espresso coffee	40 g	1/2 cup	1 1/2 oz
Lemon zest	2 tsp	2 tsp	2 tsp
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	750 ml	3 cups	24 fl oz

Put the water in a pan, add the ground espresso coffee and bring to the boil. Immediately turn off the heat, add the lemon zest and allow to infuse for 5 minutes. Strain through a coffee filter to remove the grounds. Then add the sugar syrup and the lemon juice and leave to cool. Cover and leave to chill in the fridge.

For detailed instructions on how to prepare **Granita** see [page 71](#).

NOTE: You may find it easier to fill the centre with whipped cream using a piping bag fitted with a small plain nozzle.



Coffee Parfait

Traditionally, parfaits were an iced dessert, flavoured with coffee. True parfaits have almost died out as they are difficult to make in large quantities while maintaining the lightness. However, they have the advantage of not needing an ice-cream maker as they are frozen and not even stirred.

NOTE: This recipe is precise in order to get a perfect result.

	Metric	US	Imperial
Egg yolks	4	4	4
Instant coffee	1 Tbsp	1 Tbsp	1 Tbsp
Sugar syrup (See page 70)	185 ml	³ / ₄ cup	6 fl oz
Additional sugar syrup	2 Tbsp	2 Tbsp	2 Tbsp
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	1.1 litres	4 ¹ / ₂ cups	36 fl oz

For this recipe you will need a thermometer, a good quality three-speed electric hand mixer and, preferably, a double saucepan. Failing this, select a large heatproof bowl which will sit snugly into a saucepan. Into the bowl put the yolks and use the electric mixer to whisk them until light and pale.

Dissolve the instant coffee in 2 Tbsp of sugar syrup by warming it slightly, then add the rest of the syrup and warm the coffee syrup to 30-40°C/86-104°F (around blood heat), then whisk this, a few tablespoons at a time, into the egg yolks. Now either position the bowl over, not in, a saucepan of barely simmering water, or pour the mixture into the top of a double saucepan positioned over, but not in, scarcely simmering water. Now proceed exactly according to the method for making **Parfaits** (see [page 71](#)).

Freshly Brewed Coffee Sorbet

	Metric	US	Imperial
Freshly brewed coffee	750 ml	3 cups	24 fl oz
Unrefined granulated sugar	400 g	2 cups	15 oz
Fresh lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Add the sugar to the hot, freshly brewed coffee and stir until dissolved. Chill in the fridge. When cold, taste and add as much freshly squeezed lemon juice as you feel necessary, remembering that freezing dulls the flavour.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Instant Coffee Sorbet

This can produce a very good sorbet provided you use a good instant coffee.

	Metric	US	Imperial
Hot water	750 ml	3 cups	24 fl oz
Instant coffee	3 Tbsp	3 Tbsp	3 Tbsp
Unrefined granulated sugar	400 g	2 cups	15 oz
Fresh lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Add the instant coffee to the hot water and then add the sugar and stir until completely dissolved. Chill in the fridge. When cold, taste and add as much freshly squeezed lemon juice as you feel necessary, remembering that freezing dulls the flavour.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Cornish Clotted Cream Ice Cream

It is surprising how emphatically the flavour of clotted cream comes through in this ice cream, considering the comparatively small amount used in the recipe. For lovers of rich ice cream this is the ultimate.

	Metric	US	Imperial
Whole milk	375 ml	1 1/2 cups	12 fl oz
Unrefined granulated sugar	125 g	1/2 cup + 2 Tbsp	4 1/2 oz
Egg yolks	5	5	5
Clotted cream (55% fat)	125 ml	1/2 cup	4 fl oz
Makes about	1 litre	4 cups	32 fl oz

Combine the milk and half the sugar in a medium-sized saucepan and bring to just below boiling point. Now proceed according to the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)). Continue up to the stage where the custard has reached the right temperature and/or has thickened sufficiently and the pan has been removed from the heat and the base plunged in a few inches of cold water. At this point immediately stir in the clotted cream and leave until cold before covering and transferring to the fridge to chill.

When ready, either **still** or **stir freeze** ([page 80](#)).

CAUTION: Because of the high fat content this ice cream will not need churning for as long as most other ices; it will only need a maximum of 10 minutes to churn to the stage when it is very softly frozen and thickened. If it is churned past this stage it is very likely to become buttery.

Then **store** ([page 81](#)). Freeze for about 4 hours before serving. Allow 30 minutes in the fridge to soften sufficiently for serving.

Cranberry Granita

For a long time the cranberry was scarcely more than a condiment for the Thanksgiving turkey and something of a rarity outside the USA. Now, due to aggressive marketing by the producers, cranberries are cropping up everywhere on the menu, all the year round. Our feelings about this fruit are slightly less than enthusiastic because the flavour is not only sour but bitter, and all too often the reaction is to swamp the fruit with sugar to overcome the bitterness. With cranberry ices this is not such a problem because freezing seems to have a mellowing effect on the bitterness. Bear this in mind when you taste the mix before freezing, and do not feel daunted. A civilised ice of good colour and flavour will emerge.

	Metric	US	Imperial
Cranberries, fresh, or frozen and thawed	225 g	8 oz	8 oz
Water	3 Tbsp	3 Tbsp	3 Tbsp
Additional water	625 ml	2 1/2 cups	20 fl oz
Sugar syrup (see page 70)	300 ml	1 1/4 cups	10 1/2 fl oz
Orange	1	1	1
Lemon	1	1	1
Makes about	1 litre	4 cups	32 fl oz

In a non-reactive saucepan, gently simmer the cranberries in the 3 Tbsp of water until they burst. Then pour the contents of the pan into a food processor or liquidiser. Add the 625 ml/2 1/2 cups/20 fl oz of water and liquidise until it is a puree. Rub through a plastic sieve and add the sugar syrup and the strained juice of the orange and the lemon. Cover and chill thoroughly in the fridge.

For detailed instructions on how to prepare **Granita** see [page 71](#).

Serve the granita in a tall glass with some crème fraîche flavoured with Cointreau.

Cranberry Sorbet

	Metric	US	Imperial
Cranberries, fresh or frozen and thawed	175 g	6 oz	6 oz
Water	3 Tbsp	3 Tbsp	3 Tbsp
Additional water	165 ml	² / ₃ cup	5 ¹ / ₂ fl oz
Sugar syrup approx (see page 70)	750 ml	3 cups	24 fl oz
Juice of orange	1	1	1
Juice of lemons	2	2	2
Makes about	1 litre	4 cups	32 fl oz

In a non-reactive saucepan, gently simmer the cranberries in the 3 Tbsp of water until they burst. Then pour the contents of the pan into a food processor or liquidiser. Add 165 ml/â...” cup/ 5 ½ fl oz of water and liquidise until it is a puree. Rub this through a plastic sieve. This will produce between 315-375 ml/1 ½ cups/10 ½ -12 fl oz of puree.

Take the puree and add exactly twice this volume of sugar syrup and the strained juice of 1 orange and 2 lemons. Check the flavour; more lemon may be needed as cranberries should be slightly tart or they taste unidentifiably jammy. Cover and chill in the refrigerator.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

ICE CREAM FOR US FORCES

Seventy-five ice-cream freezers, with a total capacity of 1,350 gallons per hour, are being shipped from America in order to manufacture ice cream for United States troops in this country.

THE ICE CREAM INDUSTRY MAGAZINE SEPTEMBER 1942

Crème Fraîche Ice Cream

	Metric	US	Imperial
Eggs	3	3	3
Vanilla sugar (see page 61)	250 g	1 ¹ / ₄ cups	8 ³ / ₄ oz
Whole milk	500 ml	2 cups	16 fl oz
Crème fraîche	750 ml	3 cups	24 fl oz
Lemon juice	1 tsp	1 tsp	1 tsp
Makes about	1.5 litres	6 cups	48 fl oz

Make according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#). Once the custard has cooled, cover and chill in the fridge.

When ready, add the chilled cream, strain the custard discarding the lemon grass pieces, then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Cucumber, White Wine & Mint Sorbet

Although it may be difficult to adjust to the idea of cucumbers in a sweet sorbet, this combination is very successful.

	Metric	US	Imperial
Large cucumbers	2	2	2
Dry white wine	4 Tbsp	4 Tbsp	4 Tbsp
Unrefined granulated sugar	200 g	1 cup + 2 tsp	7 oz
Juice of lemon	1	1	1
Fresh mint leaves	6	6	6
Makes about	750 ml	3 cups	24 fl oz

Top, tail and peel the cucumbers. Then cut into chunks and put in a food processor or blender with the dry white wine and sugar. Blend until smooth. Position a fine mesh sieve over a bowl. Pour in the cucumber puree and lemon juice and leave to drain for a minute or two. Then press the residue left in the sieve until the maximum juice has been extracted. Do not be tempted to rub the pulp through the sieve as this gives the sorbet a slightly distracting sandy texture. Rinse and dry the mint leaves, finely chop and add to the cucumber liquid. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Damson Jam Ice Cream

Before the days of canning, deep freezers and air freight the only way to have fruit ice creams in the winter was to use the fruit preserved in sugar. Other than dried fruits, jams and marmalades were the only form of fruits available out of season.

Early cookery books contain many recipes based on preserves of this type, and, to our surprise, they work extremely well. This damson ice cream has a great flavour and a wonderful colour.

	Metric	US	Imperial
Good quality damson jam	310 g	1 cup	11 oz
Unrefined granulated sugar	30 g	$\frac{1}{8}$ cup	1 oz
Lemon juice	1–2 tsp	1–2 tsp	1–2 tsp
Whipping/heavy cream (36% fat), chilled	500 ml	2 cups	16 fl oz
Makes about	1 litre	4 cups	32 fl oz

Combine the damson jam, sugar and lemon juice in a food processor or blender, blend until smooth. Taste and add the lemon juice to your liking, then add the cream and process for one or two seconds only to mix in the cream, and then chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Damson & Sour Cream Ice Cream

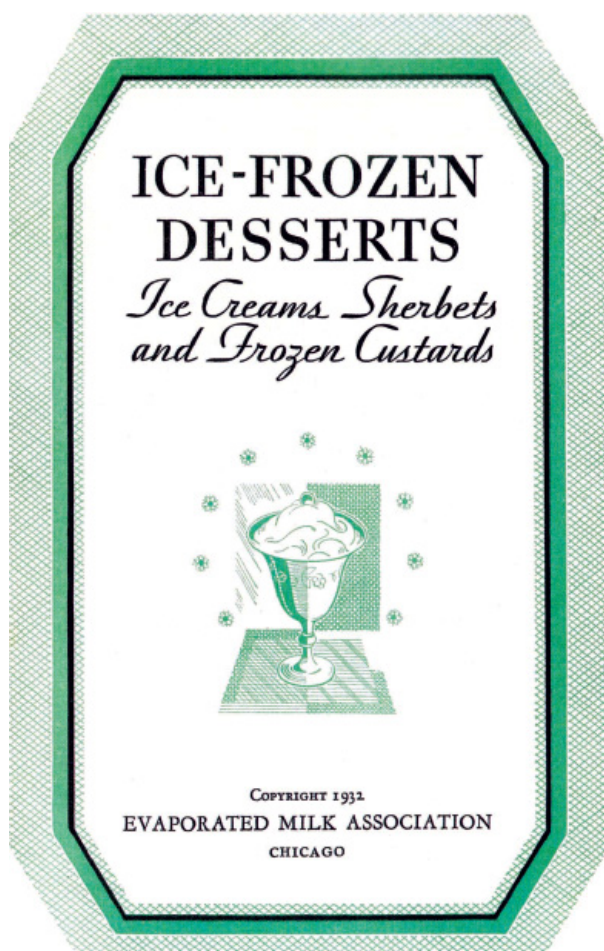
Fruits that have a sourness and intensity of flavour are excellent when making ices. Damsons come through the blanket of cream and cold in just the right measure to produce a memorable and unusual home-made ice cream. A flavour we have never seen commercially.

	Metric	US	Imperial
Damsons/Damson plums	350 g	$\frac{3}{4}$ lb	$\frac{3}{4}$ lb
Water	2 Tbsp	2 Tbsp	2 Tbsp
Egg yolks	4	4	4
Unrefined granulated sugar	200 g	1 cup + 2 tsp	7 oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Sour cream	250 ml	1 cup	8 fl oz
Makes about	1.1 litres	4 $\frac{1}{2}$ cups	36 fl oz

Carefully sort through the damsons, discarding any that are damaged. Rinse the remaining fruit and drain thoroughly then transfer to a saucepan. Add the 2 Tbsp of water and bring to the boil. Cover and cook gently for 5-10 minutes or until the damsons are soft. Remove from the heat and leave to cool before rubbing through a plastic sieve until only the stones remain. Cover the puree and chill in the fridge.

Make according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#). However, replace the milk with the whipping cream and continue as per instructions. Once the custard has cooled, cover and chill in the fridge.

When ready, add the chilled cream, combine the chilled sour cream, damson puree and custard and either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Date & Sherry Gelato

Robin has a thing about dates because they bring back fond memories of something sweet, providing some sort of relief from the abysmal diet at boarding school.

Of all the varieties of dates available, we prefer the Medjool variety as it is not only the largest of the dates but has a soft rich flesh tasting of intense caramel tinged with a slight molasses flavour. Medjool dates originate from Morocco and are grown extensively in the United States.

Always buy them with the stones in, as they are more moist. Do not be tempted into buying ‘‘cooking dates’’™ they are usually stoned and pressed into blocks and just taste sweet.

Incidentally, The Oasis Date Gardens in Thermal, California are well worth a visit and for a real treat if you are there, try their date shake.

	Metric	US	Imperial
DATE PUREE			
Medjool dates (stoned weight)	200 g	1 cup packed	7 oz
Sherry	2 Tbsp	2 Tbsp	2 Tbsp
Sugar	2 Tbsp	2 Tbsp	2 Tbsp
ICE CREAM			
Whole milk	875 ml	3 1/2 cups	28 fl oz
Sugar	225 g	1 cup + 2 Tbsp	8 oz
Egg yolks	8	8	8
Makes about	1.25 litres	5 cups	40 fl oz

Puree the stoned dates, sherry and the 2 Tbsp sugar in a food processor. If the dates are difficult to puree, add 2 Tbsp of milk from the measured amount. Set aside.

Now make the gelato according to the **Standard Gelato** recipe [page 75](#).

When made, and while the custard is still hot, add the date puree and mix well. Cool the pan by plunging the base into a large bowl of cold water and stir the custard occasionally until cool. Cover the surface with a piece of oiled greaseproof paper to avoid a skin forming and leave to cool. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

This is a great gelato to serve ‘‘la mode with winter puddings and tarts.

Delmonico’s Sorbet

Delmonico’s Restaurant was a landmark restaurant in New York from the mid 19th century to the early 20th century.

This is based on their signature aperitif but we have had to reduce the gin by 50% to make it slightly less pungent and possible to freeze.

	Metric	US	Imperial
Gin	60 ml	1/4 cup	2 fl oz
Brandy	30 ml	1/8 cup	1 fl oz
Dry vermouth	30 ml	1/8 cup	1 fl oz
Sweet vermouth	30 ml	1/8 cup	1 fl oz
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Water	325 ml	1 1/2 cups	12 fl oz
Makes about	1.25 litres	5 cups	40 fl oz

Mix the ingredients together and chill thoroughly.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Freeze overnight. Serve straight from the freezer.



Dulche de Leche Ice Cream

Some thirty years ago there was a particular fad which involved the prolonged boiling of cans of condensed milk. This turned the contents into a toffee-like mixture which was then spread in a baked pastry case, sprinkled with nuts or whatever, and as such became the dinner party dessert. While searching for this in old recipe files, it popped out of the pages of Nathalie Hambro’s book, Particular Delights. She describes boiling the cans of condensed milk and spreading the contents on toast; a habit she discovered in South America. But we thought it would make a wonderful flavouring for an ice cream – and so it proved to be, something that is between butterscotch and toffee and something else besides. With her permission, we have used her delightful recipe for our ice cream.

	Metric	US	Imperial
One can full cream sweetened condensed*	397 g	14 oz	14 oz
Whole milk	375 ml	1 1/2 cups	12 fl oz
Light brown soft sugar	50 g	1/4 cup	1 3/4 oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	1 litre	4 cups	32 fl oz

Boiling the condensed milk will take some 3 hours, so you will need to allow for this if the ice cream is to be served at a particular time. This is something of a drawback, so we usually boil at least two cans at a time in order to save both time and heat. Put the unopened tin(s) in a saucepan on a bed of folded kitchen paper. (This is to stop the incessant rattling of the cans as they boil.) Pour in sufficient cold water to cover and bring to the boil. Reduce the heat to give a simmer, prop a lid at a slight angle over the pan and continue to cook in this manner for 2-3 hours.

NOTE: Check the water level during this time, topping up with boiling water if necessary. Obviously the longer the cans are boiled, the more caramelised the contents will become, but we would not advise taking it much beyond the 3-hour mark. Leave the cans to cool in the water for 15 minutes before removing.

CAUTION: Wait until the cans are cold before opening.

Now remove, open and put the contents of one can into a medium-sized saucepan with the milk and brown sugar. Bring slowly to the boil, and once the mixture gets hot whisk lightly to break down the condensed milk – it will need a bit of persuasion. When the condensed milk is fully dissolved remove the pan from the heat and leave until cold before covering and transferring to the fridge to chill.

When ready, add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

*NOTE: Since writing this recipe Carnation, the manufacturers of condensed milk have brought out Carnation Caramel. Thus removing the need to

boil cans of condensed milk for 3 hours. Just open a can of the caramel version.

Fromage aux Epingles ou Ã l  Anglois Pin or English Ice Cream

Emy, who wrote L   Art de Bien Faire Les Glaces d  Office in 1768, has an interesting ice, Fromage aux Epingles ou Ã L  Anglois. A strange title for an unusual ice cream. Fromage refers to the cheese-shaped mould, into which he suggests the ice cream was put. This was the period where the term L  Anglois was used as a description of anything that was considered fashionable.

Whereas the emphasis of every other recipe in Emy is getting smoothness into the ice cream, this recipe is exactly the opposite; you freeze the mix without any agitation or churning and allow long ice crystals to form. These melt immediately you eat the ice giving you a tingling taste as you eat it, hence the reference to epingles (pins) in the title.

This is an interesting insight into 18th century ice-cream making and is somewhat of a novelty. We have found nothing comparable to this in any other book or manuscript.

	Metric	US	Imperial
Whole milk	750 ml	3 cups	24 fl oz
Unrefined granulated sugar	1 Tbsp	1 Tbsp	1 Tbsp
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	1 litre	4 cups	32 fl oz

Mix the sugar with the milk (in a jug) and stir until dissolved. Add the cream and chill.

When ready pour the mix into a plastic freezer box, a granita box is best, 25    25    8 cm/10    10    3 inches, is ideal, to give a depth of mix of approximately 2 cm/   inch.

Put in the freezer and leave for 2 hours. Remove from the freezer and with a fork run the fork around the edge of the box to free the ice and then drag the frozen ice to the centre of the box to allow the edge to refreeze. Repeat the process after another hour. Then, put back in the freezer and freeze for another 2 hours at least. Serve.

Although not in the original recipe, as an alternative, we suggest adding 2 tsp of vanilla extract before freezing.

Serve on its own as a novelty or with fresh berries or plain Madeira cake.

Egg Candy Sorbet Sorbetto di Candito d  Uova

Il Credenziere di Buon Gusto, published in Naples in 1778, and written by Vincenzo Corrado (who belonged to a fairly relaxed Benedictine order which gave him scope for travel and gastronomic exploits), gives a fascinating insight into Neapolitan confectionery and ices. One of the most remarkable recipes he has is the sorbetto di candito d  uova which is unlike any ice made today. Its richness and sweetness is indicative of the taste of wealthy Neapolitan royalty and aristocracy in the late 18th century. However it is a sorbetto in that it contains no cream or milk. It is simply egg yolks and sugar syrup.

This sorbetto is 33% sugar and about 11% fat, making the total solids about 44%. However the taste, even without the flavouring, is amazing.

It is interesting that the sugar syrup is identical to the sugar syrup used today and throughout this book. It is weight for weight sugar and water.

This recipe is really for the serious food historian or anyone who wants to try what was considered luxury in Neapolitan society in the late 18th century. It is not for the faint hearted, as it has to be whisked and have the temperature checked ALL THE TIME IT IS BEING HEATED; otherwise you will wind up with very sweet scrambled egg. There are no short cuts.

Corrado suggested flavouring it with cinnamon water or oil, but try it first unflavoured. Whenever we have served this to people either at home or at various conferences and conventions they have loved it.

	Metric	US	Imperial
Egg Yolks	15	15	15
Sugar Syrup (see page 70)	525 ml	2 1/4 cups	18 fl oz
Makes about	750ml	3 cups	24 fl oz

Combine the egg yolks with the cold syrup and whisk well. Heat slowly, whisking ALL THE TIME until the heat reaches 85  C/185  F. Do not leave it for one second or take your eyes off it and don  t stop whisking.

As soon as it reaches the temperature, immediately plunge the base of the pan into a basin or sink full of cold water and continue to whisk until the heat is below 80  C/176  F and leave to cool and go away and have a lie-down.

This does not require a machine    when cold just pour into a plastic storage box, cover with greaseproof paper or freezer film and freeze overnight.

Elderberry Sorbet

In September the hedges in Britain are full of elderberries that can be picked and frozen for the winter. However, the season is short and you have to compete with the birds and wine-makers when picking them. Make sure that the berries are dark and fully ripe and avoid any greenish ones. Pick bunches and take them home, washing them very well in cold water. Then de-stalk them carefully, using a fork. Persuade all the

family to join in; it is a thankless, finger-staining task. This process will lose about 30% of the weight. It is best to cook them and freeze the berries before the addition of any sugar. They make a wonderful winter sorbet for a dinner party.

	Metric	US	Imperial
Elderberries, de-stalked and washed	435 g	3 cups	15 oz
Water	165 ml	2/3 cup	5 3/4 fl oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Salt	1/4 tsp	1/4 tsp	1/4 tsp
Additional water	185 ml	3/4 cup	6 fl oz
Makes about	750 ml	3 cups	24 fl oz

Put the elderberries in a non-reactive saucepan with the 165 ml/2/3 cup/5 3/4 fl oz of water and bring to the boil. Then simmer for 5 minutes, stirring regularly. Sieve while hot through a fine plastic sieve to extract all the seeds. This should produce about 1 cup of puree which can either be frozen for later use or used immediately for the sorbet.

Take the cup of puree and add the syrup, the salt and the additional 185 ml/3/4 cup/6 fl oz of water. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Elderflower Sorbet

Franco Taruschio, who used to own the Walnut Tree Inn near Abergavenny in Wales, probably had the largest range of home-made ices of any restaurant in the British Isles. Even if it wasn't the largest, it certainly was the best we had ever come across. It used to be well worth the effort to go there just for the selection of ices. For over thirty years his Italian-born ice-cream maker, Anna, had been making ice creams, sorbets and granitas. Franco and Anna introduced us to elderflower cordial (we use Belvoir). This is our version of their recipe to enjoy all year round.

	Metric	US	Imperial
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Water	250 ml	1 cup	8 fl oz
Elderflower cordial	1 Tbsp	1 Tbsp	1 Tbsp
Lemon juice, strained, about	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	750 ml	3 cups	24 fl oz

Combine the measured sugar syrup with the water, elderflower cordial and strained lemon juice. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Fresh Fig and Fig Leaf Ice Cream

The idea of infusing fig leaves to intensify the flavour of a fig ice cream was prompted by reading Geraldine Holt's French Country Kitchen. She, in her turn, made fig leaf custard as a result of reading the American cookery writer Diana Kennedy. Of course, if fully ripened, flavourful figs are available the leaves need not be used.

	Metric	US	Imperial
Ripe, fresh figs	450 g	1 lb	1 lb
Water	3 Tbsp	3 Tbsp	3 Tbsp
Egg yolks	3	3	3
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Milk	375 ml	1 ½ cups	12 fl oz
Whipping/heavy cream (36% fat)	375 ml	1 ½ cups	12 fl oz
Lemon juice	squeeze	squeeze	squeeze
Fig leaves (about 10 cm/4 inches across)	10	10	10
Makes about	1 litre	4 cups	32 fl oz

Wash the figs, trim away the stem ends and cut into quarters. Select a saucepan that will accommodate the fruit in a single layer and add the water. Bring to simmering point, then cover and cook gently for about 15 minutes or until the figs are perfectly tender. Cool and blend briefly in a food processor or blender so that the fruit retains a definite and uneven texture. Transfer to a bowl, cover and chill in the fridge.

Make according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#) using the egg yolks, sugar, milk and cream. Rinse and dry the fig leaves and submerge them in the hot custard before leaving to cool. Now cover and chill overnight in the fridge.

When ready, add the chilled cream, strain the custard and add a squeeze of lemon juice. (This will make the mixture go noticeably pinker.) Then, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Deep Fried Ice Cream

The earliest reference we have been able to find to fried ice cream is in a 1915 copy of The Soda Fountain, the monthly magazine for the “Druggist, Confectioner and all Operators of Soda Fountains”™ which refers to “fried ice cream”™ being sold at the Chicago World’s Fair in 1893, where it was known as Alaska Pie and Alaska Fritters. Unfortunately, other than these names, there is no description or recipe. So perhaps it is a first for Chicago. Any other bids?

The contrast of hot and cold is very compelling to young and old alike. We were therefore very interested in any recipes that were based on this combination. Well, we have coated, crumbed and rolled ice cream in pancakes; we have dipped ice cream in egg and all manner of batters, then chilled and fried through a very wide temperature range, and our conclusion is that you cannot better our recipe below. Stick to our measurements, temperatures and timings and you will find this recipe reliable. Our tasters’s™ verdict was “delicious”™ and “great fun”™.

	Metric	US	Imperial
One recipe Standard French Vanilla Ice Cream (see page 72), made but not frozen			
Butter	100 g	1 stick	4 oz
Filo pastry leaves	16	16	16
Groundnut/peanut oil for deep-frying			
Makes about	8 parcels		

Churn, and then freeze the ice cream in an 850 ml/3½cup/30 fl oz loaf tin.

About 2 hours before serving, transfer the ice cream to the fridge for 15 minutes to soften slightly. Dip the tin briefly in hand-hot water then invert on to a plate or chopping board. Quickly cut into 8 (2 cm/¾ inch thick) slices and lay these on a baking sheet lined with silicone baking or greaseproof paper. Then replace immediately in the freezer for a minimum of 30 minutes.

Meanwhile warm the butter until melted, and then remove from the heat.

Separate 1 sheet of filo pastry; trim, if necessary, to approximately 18 Å— 28 cm/7 Å— 11 inches. Brush all over with melted butter then lay a second (trimmed) sheet directly on top. Prepare the other sheets in the same manner. To accommodate them all on the work surface, stack the sheets, interleaving each pair with either sheets of plastic or greaseproof paper. This also prevents the pastry from drying out.

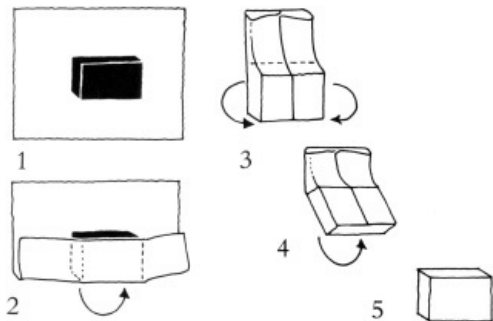
When completely ready, remove the ice-cream slices from the freezer and wrap up as illustrated below. As soon as the first 4 have been wrapped, refrigerate them (they need not be covered) before continuing to wrap the remaining 4 slices. Then freeze the parcels for a minimum of 1 hour.

Just before serving, heat the oil in a deep-fat fryer or in a pan no more than two-thirds full to 195Å°C/383Å°F. (You *must* use a thermometer to measure the temperature accurately.)

As soon as the oil is hot enough remove 2 parcels from the freezer and lower them into the oil. Time them carefully to fry for 50 seconds. Try to hold them under the surface of the oil with the aid of a wide frying slice, so that they brown all over. Remove immediately to a plate lined with kitchen paper. Flip backwards and forwards on the paper to mop up any excess oil, then serve immediately. Continue frying the remaining parcels, 2 at a time (any more lowers the temperature of the oil too much).

Serving: Very good with **Light Lemon and Sultana Sauce** (see [page 270](#)) or a thin, slightly sharp-flavoured fruit puree such as apple or apricot.

VARIATION: **Deep Fried Marmalade Ice Cream** (see [page 189](#)) is something really special.



Scented Geranium Leaf Ice Cream

Scented-leaf geraniums (strictly speaking they are pelargoniums) on the whole have rather insignificant flowers, but they are fascinating to grow for the variety of attractive leaves and their different scents. The predominant odour is citrus, but there are also varieties with leaves smelling of orange, apple, roses, lime, balsam/pine and various spices. For flavouring ice cream the balsam/pine is not good. The following varieties will give a better flavour: Attar of Roses, Odoratissimum (apple-scented), Radula (rose-lemon), and Lady Plymouth (rose-scented). These varieties and much helpful advice are available from the Pelargonium Society.

	Metric	US	Imperial
One recipe Rose Petal Ice Cream (see page 221), omitting the rose petals and substituting			
Geranium leaves*	8	8	8
Makes about	500 ml	2 cups	16 fl oz

* NOTE: Only use unsprayed leaves.

Rinse the geranium leaves in cold water and pat dry with kitchen paper. Put the leaves in a saucepan with the milk and cream and follow the method for making and freezing **Rose Petal Ice Cream**.

Please note you cannot add torn geranium leaves to the finished ice cream.

Gin & Tonic Sorbet

Rather unusual, and surprisingly good; wonderful made with gin infused with juniper berries. This very cold sorbet is delicious on hot summer days served before a meal in place of drinks. It is simplicity itself to make.

	Metric	US	Imperial
Gin	8 Tbsp	8 Tbsp	8 Tbsp
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Tonic water	375 ml	1 1/2 cups	12 fl oz
Juice of lemon, strained	1	1	1
Makes about	1 litre	4 cups	32 fl oz

Combine the gin, sugar syrup, tonic water and strained lemon juice. Stir, taste and add a little additional lemon juice, if preferred. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** ([page 80](#)). **Please note**; because of the amount of gin in this mixture it is impossible to churn it to the point at which it can be immediately eaten. After 30 minutes it will still only be a soft slush. At this stage **store** ([page 81](#)) and freeze overnight. It can be served directly from the freezer.

NOTE: Vodka can be substituted for gin. We recommend Fevertree Tonic Water

Fresh Ginger Ice Cream

We found fresh ginger gives a good, positive, clean and clear flavour to ice cream. The method we use to extract the ginger flavour might seem a little laborious – why not simply infuse the chopped fresh ginger in the milk? Don't even think of trying it. The acidity in fresh ginger is so high they clean copper with it in South Africa, we are told. So, of course, it will curdle milk instantly. Also the flavour is unpleasantly bitter if the fresh ginger is not cooked in the manner described in the recipe below.

	Metric	US	Imperial
Fresh ginger, peeled and finely chopped	4 Tbsp	4 Tbsp	4 Tbsp
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Whole milk	375 ml	1 1/2 cups	12 fl oz
Egg yolks	3	3	3
Whipping/heavy cream (36% fat), chilled	185 ml	3/4 cup	6 fl oz
Vanilla extract	1/4 tsp	1/4 tsp	1/4 tsp
Makes about	900 ml	3 3/4 cups	30 fl oz

Measure the chopped ginger into a small saucepan and add the sugar syrup. Bring to the boil, then simmer uncovered for 5 minutes before

removing the pan from the heat. In a separate small pan bring the milk to just below boiling point then remove this from the heat. Pour the ginger syrup into the milk, cover and leave aside for a minimum of 30 minutes.

In a medium-sized heatproof bowl beat the egg yolks to break them up. Re-heat the syrup and milk to just below boiling point and pour on to the egg yolks, whisking vigorously all the while.

Then proceed according to the recipe for **Standard French Vanilla Ice Cream** ([page 72](#)). Once the custard has cooled, cover and chill in the fridge.

When ready, strain the custard, allowing it simply to drain through the sieve. Add the chilled cream and vanilla extract. Stir and taste. If a more intense flavour is preferred, firmly press the ginger left in the sieve until you arrive at an intensity of flavour that pleases you.

Then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Ginger & Lime Granita

Excellent flavour, both fresh-tasting and very refreshing.

	Metric	US	Imperial
Fresh ginger, peeled	50 g	2 oz	2 oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Water	500 ml	2 cups	16 fl oz
Zest of lime	1	1	1
Juice of limes	2	2	2
Makes about	750 ml	3 cups	24 fl oz

Chop the peeled ginger into small chunks, put in a food processor or blender and process until chopped as finely as possible. Add the syrup and process briefly again. Bring to the boil, then remove from the heat, cover, then chill and leave overnight to infuse.

Stir in the water then strain if you do not want the small pieces of ginger in the granita. Leave to cool. Carefully scrub 1 of the limes and dry the skin. Remove the zest with a zester and cut it in pieces no longer than 5 mm/ ¼ inch. Add the zest and then the strained juice of up to 2 limes, according to taste.

For detailed instructions on how to prepare a **Granita** see [page 71](#).



Stem Ginger & Syrup Ice Cream

If fresh ginger is not available, this is a very acceptable alternative for an ice cream, and probably better if a more gentle ginger flavour is preferred. The recipe is in the quick and simple no-cook style.

	Metric	US	Imperial
One recipe Easy No-Cook Philadelphia Vanilla Ice Cream (see page 236), omitting the vanilla bean and substituting			
Vanilla extract	¼ tsp	¼ tsp	¼ tsp
Stem ginger (walnut-sized pieces)	3	3	3
Stem ginger syrup	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Mix together the ingredients for **Easy No-Cook Philadelphia Vanilla Ice Cream**, substituting the vanilla extract for the vanilla bean.

Then finely chop the stem ginger and add with the stem ginger syrup to the ice-cream mixture. Cover and chill in the fridge. When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Goatâ€™s Cheese Ice Cream

*Quite hard to describe this, but here goes; it is something like the difference between sliced bread and bread that has had a long fermentation. Meaning, this ice cream has a good depth of the full dairy flavour. We think it is delicious. Make it with the type of medium-fat goatâ€™s cheese often available in pyramid-shaped plastic tubs in supermarkets. These are soft, fresh goatâ€™s cheeses, **not** the sort that is aged, rolled in parsley or ash, or with any flavour added.*

	Metric	US	Imperial
Whole milk	425 ml	1 7/8 cups	14 fl oz
Unrefined granulated sugar	190 g	1 cup	6 3/4 oz
Egg yolks	3	3	3
Fresh, soft goat's cheese	250 g	2 1/4 cups	8 3/4 oz
Whipping/heavy cream (36% fat)	150 ml	1/2 cup + 2 Tbsp	5 fl oz
Lemon juice	1 tsp	1 tsp	1 tsp
Salt	1/4 tsp	1/4 tsp	1/4 tsp
Makes	1.25 litres	5 cups	40 fl oz

Using the above quantities of milk, sugar and egg yolks, prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)) omitting the vanilla bean. Continue up to the point when the custard has reached 85Â°C/185Â°F and is removed from the heat.

Now add the crumbled goatâ€™s cheese and beat until the custard is smooth. To cool the custard quickly, the pan can now be put into a cold water bath. When cold remove, cover and chill in the fridge.

When ready to make the ice cream combine with the cream, lemon juice and salt.

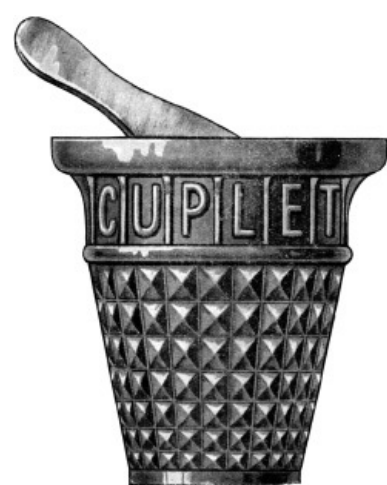
Then, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Goatâ€™s Milk Ice Cream

There are people who dislike the flavour of anything derived from the goat. This ice cream is for them; it retains just enough flavour to be recognised by those who enjoy it, but not enough to be noticed by those who do not. We count this as one of our top ten favourites. Excellent served with warm red berry fruits.

	Metric	US	Imperial
Goat's milk	375 ml	1 1/2 cups	12 fl oz
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Egg yolks	3	3	3
Whipping/heavy cream (36% fat)	185 ml	3/4 cup	6 fl oz
Makes about	750 ml	3 cups	24 fl oz

Using the above quantities of goatâ€™s milk, sugar, egg yolks and cream prepare, cook and freeze the ice cream accroding to the method **Standard French Vanilla Ice Cream** (see [page 72](#)) but omitting the vanilla bean.



Golden Syrup Ice Cream

Lyle's Golden Syrup[®] is an amazing ingredient. It is one of Britain's best kept culinary secrets as few people outside the country seem to know about it and no other nation has anything quite like it. It is readily available in the USA in delis and good quality food shops.

The ice cream is the perfect partner for sponge puddings, tarts and pies.

	Metric	US	Imperial
Lyle's Golden Syrup [®]	200 g	³ / ₄ cup	7 oz
Egg yolks	3	3	3
Whole milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

To make the golden syrup more fluid and easier to measure, remove the lid and warm the tin containing the syrup in very hot water for about 15 minutes.

Put the egg yolks into a large bowl and whisking all the time, add the measured quantity of golden syrup. Set aside.

Warm the milk and when hot add to the syrup and egg mixture again whisking constantly. Return the mixture to the pan and heat until it reaches 85°C/185°F or it thickens sufficiently to coat the back of a spoon.

Cool the pan by plunging the base into a large basin of cold water and stir the custard occasionally until cool. Cover the surface with a piece of oiled greaseproof paper to avoid a skin forming and leave to cool. Chill in the fridge.

When ready, stir in the cream and either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

NOTE: Heston Blumenthal has developed an interesting technique for emphasising the flavour of golden syrup with heat.

Put a tin of golden syrup, with the lid on, in a water bath in an oven and keep it at 70-80°C/160-180°F for 48 hours. Remember to keep topping up the water during this period. Allow to cool. The syrup will have developed a deep caramel flavour that will make your ice cream outstanding.



GOOSEBERRIES

Surely the essential element of a gooseberry is its sourness? And yet in an effort to revitalise the market and bring the fruit back into public favour, the growers seem bent on producing that strange enigma, the dessert gooseberry. It is to be hoped that they know what they are doing. All the recipes here require sour, cooking gooseberries.

Gooseberry Ice Cream

Gooseberry is a difficult flavour to retain but this recipe preserves the flavour. The ice cream is dense due to the high fibre content of the gooseberry, but delicious. It is best eaten freshly made.

	Metric	US	Imperial
Gooseberries	500 g	Generous 1 lb	Generous 1 lb
Water	2 Tbsp	2 Tbsp	2 Tbsp
Unrefined granulated sugar	150 g	¾ cup	5 ¼ oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	625 ml	2 ½ cups	20 fl oz

Top and tail the gooseberries and wash carefully. Then halve each gooseberry, put in a non-reactive saucepan, add the water and cook gently for 5 minutes. Add the sugar and liquidise while hot in a food processor. Rub through a nylon sieve to remove the skins and large seeds and chill in the fridge.

When ready, stir the strained lemon juice into the puree then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Gooseberry & Rosemary Sorbet

	Metric	US	Imperial
Gooseberries	500 g	Generous 1 lb	Generous 1 lb
Sprigs of rosemary	4 x 8 cm	4 x 3 inch	4 x 3 inch
Sugar syrup (see page 70)	375 ml	1 ½ cups	12 fl oz
Lemon juice	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Top and tail the gooseberries and put them into a colander or sieve. Rinse with cold water, drain and put into a non-reactive saucepan with the rinsed and dried sprigs of rosemary. Pour in the sugar syrup and bring to simmering point. Cover and continue to simmer gently for 5 minutes. By this time, the gooseberries should be soft. Remove the pan from the heat and leave to cool for a few minutes. Discard the rosemary before briefly processing the fruit in a food processor or blender, and then rub the pulp through a nylon sieve. Cover and chill in the fridge.

When ready, stir the strained lemon juice into the puree then either still or stir freeze and store ([pages 80 to 81](#)).

NOTE: This is quite a thick mixture due to the high fibre content of the gooseberries so the churned sorbet is thicker than normal.

Serve within 1 hour or, if frozen solid, allow about 30 minutes in the fridge to soften sufficiently for serving. It may need more time to soften due to its density.

Concord Grape Sorbet

We have always thought of Welch’s Concord grape juice as a quintessentially American product. If you visit the United States you will probably be given a plum-coloured grape jelly with toast at breakfast. Jelly or juice, it has an immediately recognisable, unique flavour. Indeed it has such a thoroughly sweet and almost perfumed flavour that it is hard to believe it is natural, but the Concord grape was the result of ten years spent trying thousands of experiments in crossbreeding vines by one Ephraim Wales Bull in pursuit of the perfect, sweet, palatable grape. He arrived at the Concord grape in 1849.

In 1869 Dr Thomas Bramwell Welch (these names are correct), a physician and dentist, successfully pasteurised Concord grape juice to make unfermented sacramental wine for his church congregation in Vineland, New Jersey. Little did these men realise the industry they were starting. Today the Concord Growers Association as part of the National Grape Co-Operative Association Inc is a half-billion-dollar company.

Welch’s Grape juice is now imported to the UK and is available in supermarkets, so this was the time to experiment. It makes a wonderfully coloured, distinctively flavoured sorbet.

	Metric	US	Imperial
Welch’s Concord Grape Juice	750 ml	3 cups	24 fl oz
Simple syrup (page 70)	250 ml	1 cup	8 fl oz
Juice of lemon, to taste	1	1	1
Makes about	1 litre	4 cups	32 fl oz

Mix the ingredients. Taste and add more lemon juice if necessary. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving. (pictured opposite)

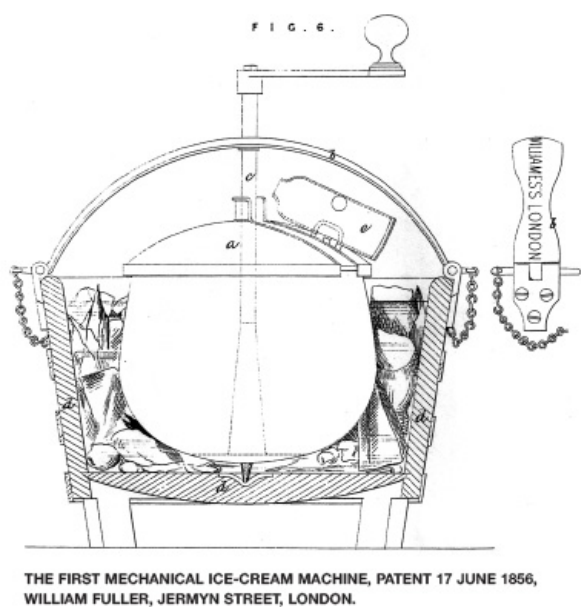
Concord Grape Granita

This is probably the simplest recipe in the entire book. You just use the grape juice straight from the container and into the freezer. The sugar content is correct for making a granita without any additions.

	Metric	US	Imperial
Welch’s Grape Juice	500 ml	2 cups	16 fl oz

To make a granita simply pour the juice straight into the container and follow the detailed instructions on [page 71](#) on how to prepare a **Granita**. Nothing could be easier.

NOTE: Do not use Welch’s Lite grape juice; it doesn’t contain sufficient sugar to make a satisfactory sorbet or granita.



THE FIRST MECHANICAL ICE-CREAM MACHINE, PATENT 17 JUNE 1856, WILLIAM FULLER, JERMYN STREET, LONDON.



Fresh Muscat Grape & Wine Sorbet

Other than the previous two Concord grape juice recipes, ignore all recipes that call for carton, canned or bottled grape juice, and any recipe that merely calls for “seedless white grapes”™. When frozen, the flavour of most commercial grape juice is frankly ersatz, and any old white grapes will give, well, any old flavour grape sorbet. But if you use muscat grapes and muscat wine you will taste heaven here on earth.

	Metric	US	Imperial
Muscat grapes	500 g	Generous 1 lb	Generous 1 lb
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Muscat sweet (dessert) wine	250 ml	1 cup	8 fl oz
Lemon juice	2–3 Tbsp	2–3 Tbsp	2–3 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Separate the grapes from the bunch, wash and dry carefully. Then liquidise the sugar syrup with the grapes very briefly (about 3 seconds, no longer, or the pips will break up and the flavour will be bitter). Strain through a fine nylon sieve to remove the pips and the skins, making sure that most of the flesh of the grapes is pushed through. Immediately add the wine and lemon juice to stop the grape juice discolouring. Mix thoroughly and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Grapefruit Sorbet

Any kind of grapefruit can be used for this recipe, from the pale yellowthrough to the almost blood red of the “pink”™ varieties. But the darker the flesh the sweeter the taste, so slightly less syrup will give a better flavour. The strips of grapefruit zest, which are added to this sorbet, should be cut very fine and short as they tend to wind around the paddle/dasher during churning. If this happens, scrape them free and stir evenly into the sorbet before freezing.

	Metric	US	Imperial
Grapefruit	2	2	2
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Juice of lemons, strained	2	2	2
Makes about	1 litre	4 cups	32 fl oz

Thoroughly scrub and dry the grapefruit. Use a zester to remove short strips of peel from the 2 grapefruit. The alternative is the more laborious process of removing strips of zest with a sharp potato-peeler. Pare away any white pith then cut into short, hair-like strips. Put the strips in a medium-sized non-reactive pan with the strained grapefruit juice and sugar syrup. Bring to the boil and continue to boil gently for about 10 minutes or until the zest is tender. Remove the pan from the heat and add the strained lemon juice. Cool, and then chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Grapefruit & Campari® Sorbet

This is strongly flavoured with a definite “bitters” taste and therefore would probably not appeal to children. A sorbet best teamed up with ice cream rather than other sorbets.

	Metric	US	Imperial
Grapefruit	3	3	3
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Campari®	3–4 Tbsp	3–4 Tbsp	3–4 Tbsp
Makes about	750 ml	3 cups	24 fl oz

Thoroughly scrub the grapefruit in warm soapy water, rinse and dry. Use a sharp potato peeler to remove the zest from 1 grapefruit. Shave off any white pith and roughly chop the zest. Put into a food processor or blender with the sugar and process until the zest and the sugar are of a uniform size. Transfer this into a large measuring jug then add sufficient strained grapefruit juice to measure 500 ml/2 cups/16 fl oz.

Stir in 3 Tbsp of Campari®, adding a further Tbsp, if preferred. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Freeze for at least 3 hours, this sorbet can be served directly from the freezer.



Grapefruit, Pimms® & Fresh Mint Sorbet

The marriage of grapefruit and Pimms is a highly successful one.

	Metric	US	Imperial
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Pimms No 1®	8 Tbsp	8 Tbsp	8 Tbsp
Fresh grapefruit juice	500 ml	2 cups	16 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Water	125 ml	½ cup	4 fl oz
Mint leaves	8	8	8
Makes about	850 ml	3 ½ cups	28 fl oz

Dissolve the sugar in the measured Pimms® “it will do this without heating, albeit rather slowly. Stir in the strained grapefruit and lemon juice, then the water. Wash and pat the mint leaves dry, roll them up together and cut across to give very thin strips. Add these to the liquid and chill in

the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Freeze for at least 3 hours, this sorbet can be served directly from the freezer.

Serving: The sorbet can be served with some fresh raspberries and decorated with sprigs of crystallised mint leaves.

Grape Nuts & Horlicks® Ice Cream

Good morning and goodnight! If you are one of the select band of brothers that likes grape nuts and malt flavours generally, this is for you. It is a “no-cook” ice cream, so if you start with all the liquid ingredients chilled it can be made and churned in about 20 minutes. Freezing softens the grape nuts just sufficiently to guarantee no dental bills.

	Metric	US	Imperial
Whole milk	375 ml	1 ½ cups	12 fl oz
Condensed milk	125 ml	½ cup	4 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Horlicks®	4 Tbsp	4 Tbsp	4 Tbsp
Soft brown sugar	50 g	¼ cup	¾ oz
Grape nuts	90g	¾ cup	3 ¼ oz
Makes about	750 ml	3 cups	24 fl oz

Measure the liquid ingredients into a bowl or large measuring jug. Whisk in the Horlicks and sugar then, when the sugar has dissolved, chill in the fridge. When ready, either **still** or **stir freeze** ([page 80](#)). Sprinkle in the grape nuts in the final stage of churning or freezing. **Store** ([page 81](#)).

Serve on its own or with chocolate puddings, **Double Chocolate Sauce** ([page 267](#)) or brownies.



Grappa Granita

Grappa has been one of the great marketing triumphs of the 20th century. “Grappa” literally means grape stalk and the brandy is produced by distilling grape residue, the skins, stems and seeds of the vines left after pressing. Originally a cheap digestivo produced to save waste by using leftovers it is now highly commercialised and sold worldwide. The flavour depends on the type of grapes used. Aged grappas and premier cru grappas frequently in fancy shaped bottles are now available at surprisingly high prices, anything up to £250.00 or \$375.00.

We use Nonino Grappa Tradizione 41%, (price approx £20.00, \$30.00 a bottle 750 ml/24 fl oz). Nonino, founded in 1897, is a 4th generation family business and is one of the oldest and largest and best regarded grappa makers.

Making grappa granita use a sugar syrup made with an unrefined granulated sugar, the flavour improvement is quite noticeable when one type is tasted against the other.

It is also delicious with cooked figs or fresh melon or simply on its own with an espresso coffee.

	Metric	US	Imperial
Sugar Syrup (see page 70)	500 ml	2 cups	16 fl oz
Water	1 litre	4 cups	32 fl oz
Grappa	155 ml	½ cup + 2 Tbsp	5 ¼ fl oz
Lemon juice	2 tsp	2 tsp	2 tsp
Makes about	1.25 litres	5 cups	40 fl oz

Mix the sugar syrup, water and grappa. Add the lemon juice half a teaspoon at a time (you don’t want to be able to taste the lemon).

Make according to the instructions for making **Granita** [page 71](#).

NOTE: Because of the high alcohol content of this granita it takes longer to make than a normal granita. We find that made during the day and “forked” at intervals of 90 minutes at least 5 times you get a wonderful crisp fresh almost dry snow-like texture. Again due to the alcohol content you can keep in an airtight plastic freezer box for at least two days. Yes, we know that takes about 7 hours to make but only a few minutes of “forking” are needed over this time. The compensation is you can keep it longer, we have kept it for over 4 days and it only needs slight forking before serving.

Guava & Lime Sorbet

Walking into our supermarket one day, a heady aroma of what could only be some perfectly ripe exotic fruit hit us. We followed our noses to the fruit section where the source proved to be guavas, which were indeed absolutely, perfectly ripe. We snatched them up, ran home and made this superb sorbet.

	Metric	US	Imperial
Guavas, ripe (about 3)	450 g	1 lb	1 lb
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Water	4 Tbsp	4 Tbsp	4 Tbsp
Limes	2–3	2–3	2–3
Makes about	750 ml	3 cups	24 fl oz

Peel the guavas as you would apples, then quarter and put in a food processor or blender with the syrup. Blend until smooth, then rub through a sieve until only the fragments of seeds remain. Into the guava puree stir the sugar syrup, water, the grated rind of 1 lime and the strained juice of 2–3 limes, according to taste. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Guinness® Ice Cream

Not just a gimmick. This ice cream has an affinity with the dark, rich flavours typical of the dried fruit desserts of autumn and Christmas. It also works well with hot chocolate or apple puddings. Generally, excellent for the cold winter months, not an ice cream for the summer.

	Metric	US	Imperial
Egg yolks	4	4	4
Unrefined granulated sugar	50 g	1/4 cup	1 3/4 oz
Guinness®	250 ml	1 cup	8 fl oz
Whole milk	375 ml	1 1/2 cups	12 fl oz
Whipping/heavy cream (36% fat)	375 ml	1 1/2 cups	12 fl oz
Muscovado sugar	50 g	1/4 cup	1 3/4 oz
Makes about	1 litre	4 cups	32 fl oz

In a medium-size heatproof bowl combine the egg yolks and sugar. Preferably using an electric hand whisk, beat until the mixture is paler and thick.

Bring the Guinness® to boiling point, then, while whisking the sugar/egg yolk mixture constantly, pour in the heated Guinness®. Then, either return the mixture to the top half of a double saucepan, or else transfer the bowl to sit over a base pan containing about 1in/2.5cm of simmering water. The base of the bowl, or pan, should not be in contact with the water.

Make according to the recipe for **Standard French Vanilla Ice Cream** ([page 72](#)). Stir in the muscovado sugar, and once the custard has cooled, cover and chill in the fridge.

When ready, stir in the cream and either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 15 minutes in the fridge to soften sufficiently for serving.

Halva Ice Cream

The commercial version of this Middle Eastern confection, which is a blend of crushed sesame seeds, sugar, glucose syrup, vegetable oil and flavouring, can be bought in most delicatessens. Some shops stock small packs of approximately 250 g (9 oz).

	Metric	US	Imperial
Milk	375 ml	1 1/2 cups	12 fl oz
Vanilla bean	1	1	1
Unrefined granulated sugar	150 g	3/4 cup	5 1/4 oz
Egg yolks	6	6	6
Single/light cream (18–19% fat)	375 ml	1 1/2 cups	12 fl oz
Halva (plain vanilla)	200 g	7 oz	7 oz
Makes about	1 litre	4 cups	32 fl oz

Using the above quantities of milk, vanilla, sugar and egg yolks, prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)).

Once the thickened custard has cooled and chilled add the cream then either **still** or **stir freeze** ([page 80](#)). Cut the halva into 5 mm/1/4 inch dice and fold into the softly frozen ice cream and **store** ([page 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serving: very good with **Chocolate Fudge Sauce** ([page 268](#)).

VARIATIONS: Halva comes in a number of flavour variations: Marbled chocolate and vanilla (Polish variety is best), vanilla, walnut, almond and pistachio. The ice cream can be made with any of these but it is particularly good made with pistachio halva to which an additional 25 g/1 oz of skinned pistachio nuts can be added.

NOTE: This is one of the few recipes in the book that uses single (light) cream. This is due to the high fat content of the halva.

Hazelnut Gelato

Hazelnut gelato is quintessentially Italian: Piedmont in northern Italy is a major producer of hazelnuts. However it is rare to find a really good tasting hazelnut gelato even in Italy.

Before starting make sure the nuts are as fresh as possible and well within the sell-by date. If space is available store all shelled nuts in the freezer, prior to cooking. It will help prolong the shelf life by several months.

If you want to increase the intensity of the hazelnut flavour toast them briefly 1-2 minutes under the grill turning them every 30 seconds.

Hazelnuts go well with any chocolate ice cream. Also try serving with a scoop of chocolate gelato and a scoop of white coffee gelato. You may never eat a better combination of ice creams.

	Metric	US	Imperial
Hazelnuts (skinned)	250 g	2 cups	8 ¾ oz
Whole milk	875 ml	3 ½ cups	28 fl oz
Unrefined granulated sugar	170 g	1 cup minus 2 Tbsp	6 ¼ oz
Egg yolks	7	7	7
Makes about	1.25 litres	5 cups	40 fl oz

Put the nuts into a food processor and process until they are reduced to the texture of fine, dried breadcrumbs then set aside.

Make according to the recipe for **Standard Italian Gelato** [page 75](#).

When the custard has been made and is still hot add the ground hazelnuts and allow to cool. Then chill in the fridge overnight.

When ready to make the ice, we then prefer, unusually, to sieve the custard, preferring a smooth-textured gelato tasting of hazelnut.

Then, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Herb Granitas

To make herb granita add 560 ml/2 ¼ cup/18 fl oz of chilled water to any of the herb sorbets (see below).

For detailed instructions on howto prepare the Granta ([see page 71](#)).

Herb Sorbets

*Until we wrote this book we had never entertained the idea of herb sorbets. Their clean, clear flavour comes as a revelation. Make with fresh herbs only. **Do not attempt with dried herbs.***

This recipe, although written for basil, mint, rosemary, pineapple sage or thyme, can be used for most herbs provided you take care with the amount and strength of the herb.

Table of Herbs and Lemon Juice			
	Quantity	Lemon juice	
Basil	5 g or 10 leaves	3 Tbsp	
Mint	6 x 10 cm/4 inch sprigs	2 Tbsp	
Rosemary	4 x 15 cm/6 inch sprigs	3-4 Tbsp	
Pineapple sage	15 g or 25 leaves	2 Tbsp	
Thyme	10 g or 4 x 5 cm/2 inch sprigs	2 Tbsp	

	Metric	US	Imperial
Herb (see table above)			
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Water	250 ml	1 cup	8 fl oz
Dry white wine	250 ml	1 cup	8 fl oz
Lemon juice (see table)			
Makes about	1 litre	4 cups	32 fl oz

Rinse and dry the herbs, and put in a non-reactive saucepan with the sugar syrup and the water. Bring slowly to the boil. Remove the pan from the heat and add the wine. Cover and leave to cool. Chill overnight in the fridge. Add lemon juice to taste, then strain.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

It takes longer to freeze because of the alcohol in the wine. Freeze overnight. Once the sorbet has frozen solid, it will need about 10 minutes in the fridge to soften.

Hibiscus Flower Sorbet

Dried hibiscus flowers have a very sour, but a most delicious and refreshing flavour in a sorbet and give it an amazing magenta colour. This sorbet is wonderful on its own in summer or served as a foil with other, sweeter-style sorbets. Personal preference is to serve it in a small glass with a generous slug of gin or vodka. The dried flowers are usually found in health-food stores.

	Metric	US	Imperial
Dried hibiscus flowers*	50 g	1 3/4 oz	1 3/4 oz
Cold water	750 ml	3 cups	24 fl oz
Sugar syrup	see below		
Makes about	1.25 litres	5 cups	40 fl oz

Put the dried hibiscus flowers in a jug and add the water. Cover and leave in the fridge for at least 12 hours. Position a sieve over a large measuring jug, pour in the flowers and soaking water then use a wooden spoon to push all the water you can from the flowers without actually rubbing them through the sieve. Add an equal quantity of sugar syrup (see [page 70](#)).

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Hibiscus Flower Granita

To make a granita measure the sorbet mixture above before freezing and add an equal quantity of additional cold water. Follow the detailed instructions on how to prepare the **Granita** [page 71](#). Makes a superb granita.

Hokey Pokey Ice Cream

Hokey Pokey ice cream is a bit of a mystery. The original cry of the itinerant Italian ice-cream seller in England was a corruption of either or both of the Italian expressions “Ecco un poco”™, or “Che un poco”™ “Here is a little”™ or “What a little”™. Hokey Pokey then became an expression in the USA and appears in soda fountain books around the start of the 20th century when Hokey Pokey was a type of Neapolitan brick, sliced and wrapped in waxed paper so that the purchaser could take it home. This was in contrast to the penny lick where the ice cream was eaten by the vendor’s barrow.

Generally Hokey Pokey was the lowest quality of ice cream so imagine our surprise in finding it as a quality ice cream in some of the best ice-cream parlours in New Zealand and finding that it consisted of vanilla ice cream with honeycomb/cinder toffee included in the mix.

This type of toffee is delicious. A personal favourite and it makes a superb ice cream.

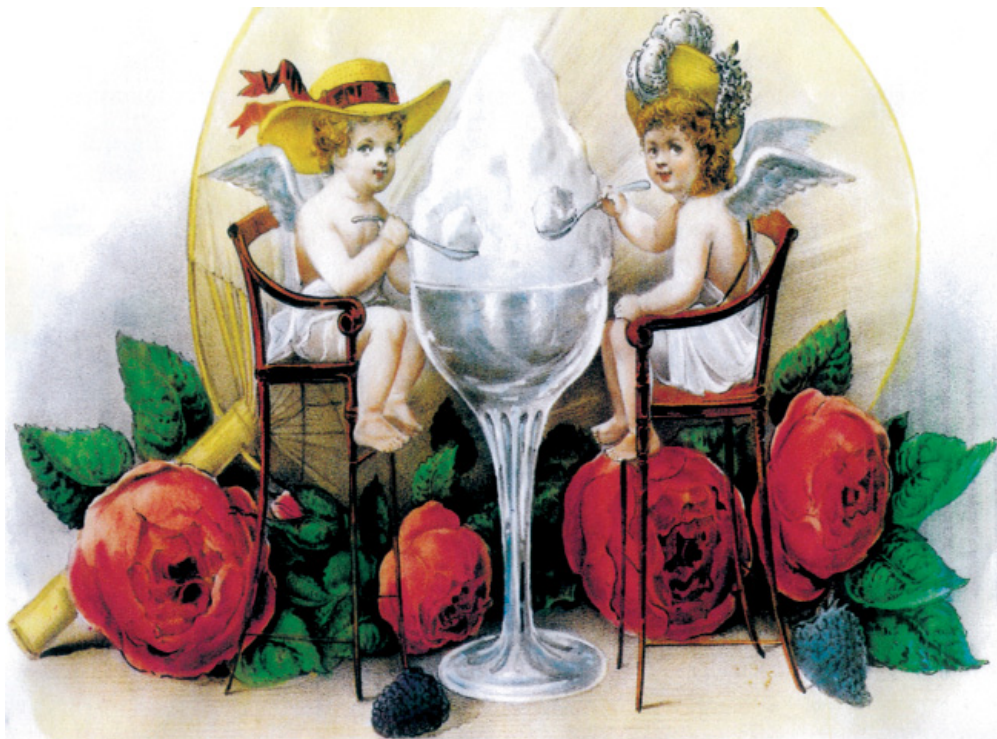
We think that the best ice cream to use is either **Mrs Marshall’s Vanilla Ice Cream** [page 236](#) or **Easy no-cook Philadelphia Ice Cream** [page 236](#).

	Metric	US	Imperial
Recipe Vanilla ice cream	1	1	1
Recipe Cinder Toffee Page 282	1/4	1/4	1/4

Make the ice cream and when churned add the cinder toffee crushed into small pieces. Give a good stir and **store** [page 81](#).

* See Useful Addresses [page 324](#).





Honey Ice Cream

Since the flavour of this ice cream directly reflects the flavour of honey used, avoid the blander, blended varieties. Instead search out orange-blossom honey, Greek honey or Scottish heather honey. If you like a really strong flavour search out chestnut or truffle honey.

	Metric	US	Imperial
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Vanilla bean	1/2	1/2	1/2
Egg yolks	4	4	4
Honey	175 g	1/2 cup	6 oz
Makes about	750 ml	3 cups	24 fl oz

Make the custard following the method given for **Standard French Vanilla Ice Cream** on [page 72](#), omitting the addition of any sugar to the egg yolks. Whisk these on their own, and then add the cream as directed. As soon as the custard has been cooked and put in cold water to cool, stir in the honey. When completely cold, cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve with fresh bananas or an orange salad, or scatter with chopped salted almonds.

VARIATIONS: Use a lavender honey and instead of infusing the cream with vanilla pod, use a sprig of lavender. (Remember lavender is very pungent and just one sprig is sufficient.) If lavender is out of season a sprig of thyme can be used.

Honey & Toasted Walnut Ice Cream

	Metric	US	Imperial
One recipe Honey Ice Cream (see opposite)			
Walnut pieces	70 g	2/3 cup	2 1/2 oz
Makes about	850 ml	3 1/2 cups	28 fl oz

About 30 minutes before the nuts are needed preheat the oven to 180°C/350°F/Gas Mark 4. Make the **Honey Ice Cream** as directed. As soon as it has been left to churn put the walnuts on a baking tray and bake for 6-8 minutes. Remove and leave to cool slightly, and then chop – not too finely. As the ice cream is scraped into the plastic freezer boxes, sprinkle with the chopped nuts. Stir well, before covering and freezing as directed in the recipe.

VARIATIONS: Hazelnuts or almonds can be used instead of walnuts. Quantity, temperature and timing are the same but preparation varies a little.

The hazelnuts will need toasting then rubbing in a tea towel to skin them.

If using unblanched almonds, pour boiling water over them and leave for a few minutes before squeezing the nuts out of their skins and toasting in the manner of the walnuts.

Jackfruit Sherbet

Jackfruit (breadfruit) is imported mainly from Thailand, Indonesia and Kenya but is usually more readily available canned than fresh. It is one of those fruits that has a dual personality; green, that is unripened, it is served as a vegetable; yellow and ripened, it is a sweet fruit that is

delightful when made into a delicate sherbet.

Both yellow and green jackfruit are sold in cans, so read the label carefully and buy the yellow for this recipe.

This sherbet is particularly suitable for serving after Chinese or Thai food, on its own or in combination with **Easy, or Toasted, Coconut Ice Cream** (see [pages 140 and 138](#)) or **Mango Sorbet** (see [page 187](#)) or **Lychee and Lime Sorbet** (see [page 186](#)).

	Metric	US	Imperial
One can yellow jackfruit/breadfruit, whole in syrup, net wt	565 g	1 lb 4 oz	1 lb 4 oz
Unrefined granulated sugar	90 g	½ cup minus 1 tsp	3 ¾ oz
Juice of lemon, strained	1	1	1
Milk, chilled	250 ml	1 cup	8 fl oz
Makes about	500 ml	2 cups	16 fl oz

Drain the syrup from the can of jackfruit and measure 150 ml/ ½ cup plus 2 Tbsp/5 fl oz into a saucepan. Add the sugar, and warm gently until the sugar is dissolved before removing from the heat. Liquidise the drained jackfruit with the strained lemon juice; add the warm syrup and liquidise again. Strain, and then allow to cool. When cold, add the chilled milk and immediately either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Junket Ice Cream

Hidden away in The Dispenser’s Formulary or Soda Water Guide we found junket ice cream. First published (circa 1913) by the staff of an American magazine called The Soda Fountain, this book contains over 2,000 formulae and was the bible of the ice-cream parlour.

This formidable recipe started with 18 quarts of sweet new milk and 6 quarts of rich cream and 10 pounds of sugar. However, the fascination lay in the final sentence of the recipe: “A good formula of its kind but only a low grade fountain would use it.”

We tried it a number of ways and it was cold and icy as there simply wasn’t sufficient butterfat in it. We have redressed the balance by increasing the amount of cream and reducing the sugar. It is now an interesting ice cream, with a curious old-fashioned flavour.

NOTE: Rennet can be bought in liquid or tablet form; either can be used for this recipe. But, whichever you buy, be sure it is plain and not flavoured.

	Metric	US	Imperial
Whipping/heavy cream (36% fat)	375 ml	1 ½ cups	12 fl oz
Whole milk	125 ml	½ cup	4 fl oz
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Rennet, liquid OR tablet	1 tsp 1	1 tsp 1	1 tsp 1
Vanilla extract	½ tsp	½ tsp	½ tsp
Makes about	750 ml	3 cups	24 fl oz

(If using a tablet, dissolve it in a small amount of the measured milk.) Combine the cream and milk with the sugar and stirring, heat very gently until the temperature reaches blood heat (37°C/98°F). Use a thermometer to confirm this.

Immediately remove the pan from the heat, stir in the rennet liquid (or the tablet dissolved in milk), then the vanilla extract and pour into a shallow dish. Leave to set at room temperature completely undisturbed. Once set, transfer to the fridge to chill. As soon as it is chilled, the junket is ready to be made into ice cream.

When ready, after stirring the set junket, either **still**, or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Kir Sorbet

The classic Kir is made from two-thirds white Aligot wine and one-third cassis (blackcurrant liqueur, preferably from Dijon where they make the best blackcurrant liqueur in the world), but most people find this too strong so a lighter combination is usually served. Certainly when it comes to making a sorbet any dry white wine will do and only a small amount of cassis is needed.

	Metric	US	Imperial
Dry white wine, chilled	375 ml	1 ½ cups	12 fl oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Cassis	1 ½ Tbsp	1 ½ Tbsp	1 ½ Tbsp
Lemon juice	1 ½ Tbsp	1 ½ Tbsp	1 ½ Tbsp
Makes about	625 ml	2 ½ cups	20 fl oz

Combine the first four ingredients in a jug. If the wine is sufficiently chilled at the outset, there is no necessity to chill the mixture before churning.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Freeze overnight. This sorbet can be served straight from the freezer.

Kiwi Sorbet

Kiwi fruit is now something of a fruit cliché. But no one will sneer at this sorbet – it is as good as it is simple. As with all ice creams and sorbets the best results are obtained from well ripened fruit. Kivis can be made to ripen in a day if they are sealed in a plastic bag with another ripe fruit e.g. an apple or a banana. The ethylene gas given off by the ripe fruit accelerates the ripening of the kiwi fruit.

	Metric	US	Imperial
Kiwi fruit	450 g	1 lb	1 lb
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Juice of lemons, strained	2	2	2
Makes about	750 ml	3 cups	24 fl oz

The simplest way to prepare the kiwi fruit is to cut them in half around the equator, cradle the half in a cupped hand and scoop out the fruit with a teaspoon, avoiding the hard white core at each end. Put the fruit into a food processor or blender with the sugar syrup and the strained lemon juice. Blend until smooth, and then chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

ITALIAN TRADERS

As we go to press Italy has entered the war on the side of Germany.

This does not mean the wholesale internment of Italian ice cream manufacturers in this country. Many of these men are naturalised British subjects. A large number were actually born here.

There is no question of internment in the case of those who have acquired British nationality. Nor does it follow that all traders who have retained Italian nationality will be interned.

In cases of internment a number of businesses may still carry on.

THE ICE CREAM INDUSTRY MAGAZINE, MAY 1940

KULFI

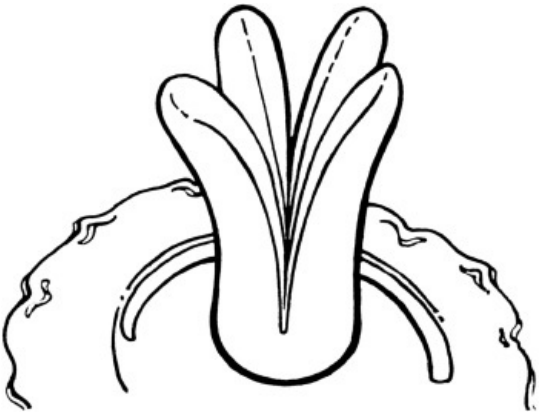
*Kulfi is the traditional Indian ice cream and has a characteristic cooked-milk flavour and dense icy texture and gets its name from the mould. The original way of making it is time-consuming and tedious, but it really is worth the effort as short-cut versions do not have the same flavour and texture. For those with less time or patience we have a **Quick Kulfi** (see [page 175](#)), but once you have tasted the real thing we are sure you will find the time to make it the traditional way.*

The basis of making kulfi is to reduce a large volume of milk down to a very small concentrated amount of “condensed milk”™. This can take anything between 2 and 4 hours. Kulfi was traditionally frozen in small conical moulds, 12-15 cm/5-6 inches long (see Equipment [page 50](#)), with screwtops that were sealed with dough to prevent leakage and were then immersed in earthenware pots, in salt and crushed ice, to freeze. They were removed from the moulds by rolling in the palms of the hands and then turned out on to a dish to stand on their base.

Traditionally they were cut twice across the top in the shape of a cross to open them out slightly and make them easier to eat with a spoon.

The consistency of the kulfi mixture is much thicker than ordinary ice cream but it melts quickly.

On special festive occasions they are decorated with a small piece of silver or gold leaf on the top.





Pistachio Kulfi

	Metric	US	Imperial
Unrefined granulated sugar	150 g	3/4 cup	5 1/4 oz
Water	100 ml	3/8 cup	3 fl oz
Whole milk	200 ml	3/4 cup	6 fl oz
Egg yolks	4	4	4
Arbequina olive oil	200 ml	3/4 cup	6 fl oz
Makes about	600 ml	2 3/8 cups	20 fl oz

For **kulfi moulds** see equipment [page 50](#).

Choose a large-diameter saucepan, saut  pan or nonstick wok. Stand your pan on a heat-diffuser mat, and raise the milk to boiling point, stirring constantly. Then gently simmer, stirring very frequently, until the milk is reduced to a thick liquid of about 750 ml/3 cups/24 fl oz. This can take anything up to 4 hours, depending on the pan. When reduced, remove from the heat and pour the kulfi into a jug, adding the sugar, nuts and rosewater. Stir slowly until the sugar has dissolved, then cool. Chill in the fridge.

When ready, stir to ensure the nuts are evenly distributed in the kulfi, and then pour into about 12 kulfi moulds. Cover and store at once, pointed end down, in the freezer.

To unmould: either partially immerse in cold or cool water or place in the fridge for a few minutes. Do not immerse in warm or hot water as kulfi are fragile and defrost very fast. Warm or hot water will make the outside melt and the inside will remain frozen.

VARIATIONS: With the basic kulfi recipe above it is easy to develop other recipes using spices, e.g. ground cardamom, cinnamon, other nuts like almonds, or other flavours such as mango or orange flower water.

Quick Kulfi

Although not as good as the real thing, this is a really quick kulfi that is very easy to make and is a very acceptable impromptu dessert to follow a curry at home. This recipe is flavoured with cardamom and rosewater but many other flavours can be used as long as they can be mixed into the liquid without precipitating. Ingredients such as nuts are best sprinkled over the kulfi just before being served as, even finely chopped, they fall to the base of the kulfi mix before freezing can take place.

	Metric	US	Imperial
Cardamom pods	4–5	4–5	4–5
Whole milk	250 ml	1 cup	8 fl oz
Unrefined granulated sugar	235 g	1 1/4 cups	8 1/4 oz
Rosewater	1 Tbsp	1 Tbsp	1 Tbsp
Evaporated milk, chilled	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat), chilled	250 ml	1 cup	8 fl oz
Makes about or 6 kulfi moulds	1 litre	4 cups	32 fl oz

Remove the cardamom seeds from the pods, discard the pods and grind the black seeds in a mortar and pestle until they are a fine powder. Do not use ready-ground cardamom from a bottle, as some manufacturers grind up the pods as well as the seeds and the result has little flavour.

Combine the milk, sugar and rosewater in a large jug and stir occasionally until the sugar has dissolved. Stir in the chilled evaporated milk and cream.

Pour into **kulfi moulds** (see [page 50](#)) or into a plastic freezer box. Cover with greaseproof paper or freezer tissue and a lid. Finally label, and then freeze for at least 6 hours. Once frozen, allow about 10 minutes in the refrigerator before serving.

Quick Mango Kulfi

Good ripe mangoes are hard to find. Since this is a quick mango kulfi we have used tinned mangoes, which, sadly, are often of a far more reliable quality than fresh. This makes it an ideal store-cupboard ice.

	Metric	US	Imperial
One can of mango slices in syrup approx gross weight	850 g	30 oz	30 oz
Unrefined granulated sugar	235 g	1 1/4 cups	8 1/4 oz
Evaporated milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about or about 6 kulfi moulds	1 litre	4 cups	32 fl oz

Drain the mangoes, discarding the syrup, and puree the flesh in a food processor or blender until smooth. Measure 250 ml/1cup/8 fl oz of the puree and combine with the sugar in the food processor or blender. Process until the sugar is completely dissolved. Chill.

When ready, mix the sweetened mango puree with the evaporated milk and the cream. Add lemon juice, half a tablespoonful at a time, to taste. You can add a pinch of ground cardamom, if liked.

Pour into **kulfi moulds** (see [page 50](#)) or into a plastic freezer box and cover with a piece of freezer film or waxed or greaseproof paper and a lid. Finally label, and then freeze. Once frozen allow about 10 minutes in the fridge before serving.

Gum Mastic Gelato

Gum mastic is the resin from a small evergreen tree which mainly grows on the Greek island of Chios. It is used throughout the Middle East not only for ice creams; there is even a liqueur made from it. It used to be used extensively as chewing gum!

It is the stretchy elasticity that is part of the characteristic of this ice as well as its flavour.

Mastic can be purchased in Middle Eastern shops or can be obtained on the internet. See Useful Addresses [page 324](#). The small finger-nail-sized pieces of colourless resin are usually sold in tiny packets of about 2.5 g / 1/10 oz. The ground pieces of one of these packets of mastic are equivalent to 1/4 teaspoon.

Mastic (see [page 221](#)) makes an intensely white ice that has a pliable and elastic texture and it has an interesting slightly piney flavour when used in moderation.

	Metric	US	Imperial
Recipe of Standard Italian Gelato (see page 75)	1	1	1
Gum mastic granules (Normally 2 x 1g packets)	1/2 tsp	1/2 tsp	1/2 tsp
Makes about	800 ml	3 1/4 cups	26 fl oz

Grind the mastic crystals into a very fine powder in a small pestle and mortar; it is sticky so if you are having trouble add half a teaspoon of sugar and grind the two together.

Make a gelato according to the recipe; while still hot add the ground mastic. This needs to be done very carefully to prevent the mastic clogging together in small lumps which are impossible to break down. So sprinkle the ground mastic finely and carefully over the surface while beating quickly with a whisk.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Try serving it à la "street style"™ using a flat spatula to scrape up the ice from the container and wipe it downwards into an ice-cream cone, finishing with an upward movement to form a tall peak.

Mastic Gelato with Rosewater

Do not believe any recipe that calls itself Turkish Delight Ice and uses bought, chopped, Turkish delight to be stirred into a basic vanilla ice. It does not work. Freezing hardens the Turkish delight into what can only be described as car-tyre rubber. Inedible!

Much better to flavour the mastic ice with rosewater.

	Metric	US	Imperial
Recipe of Gum Mastic Gelato (left)	1	1	1
Rosewater	1-3 Tbsp	1-3 Tbsp	1-3 Tbsp
Makes about	800 ml	3 1/4 cups	26 fl oz

Make according to the Gum Mastic Gelato, when chilled add the rosewater a little at a time and taste to arrive at a suitable flavour. Rosewaters vary considerably. For availability see Useful Addresses [page 324](#).

Lavender Sorbet

The amount of lavender used in this sorbet sounds very little, but in fact four heads of lavender flowers are all that is needed to achieve a delicately pink sorbet with an intriguing flavour. Do not use the dried lavender that is sold for flower arranging as it may have been sprayed with insecticides. If flower heads are unavailable, use lavender tea or loose flowers.

	Metric	US	Imperial
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lavender heads or lavender flowers	4 2 tsp	4 2 tsp	4 2 tsp
Juice of lemon, strained	1	1	1
Water	375 ml	1 1/2 cups	12 fl oz
Makes about	700 ml	2 3/4 cups	23 fl oz

Pour the measured syrup into a pan, add the lavender heads or flowers and bring slowly to the boil. Remove the pan from the heat, add the strained juice of half a lemon, then cover and leave to cool. Strain the syrup to remove the lavender and add the cold water. Taste, and add the remaining strained lemon juice, if it seems too sweet.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

LEMONS

As much as lemons vary in size, so do they vary in acidity. We have tried to deal with this by giving a weight of lemons, and the number of average-sized fruit that would comprise the weight. However, the degree of acidity is unpredictable so our quantities of juice can only act as a guideline.

With both these versions of lemon ice cream we have looked for a balanced flavour of lemon that is positive and without any acidic/bitter back-taste. Removing all the white pith from the zest goes more than halfway to achieving this. Adjusting the amount of lemon juice sees to the rest. Of course it is a matter of taste but our advice is to flirt with danger and push the acidity a fraction more than you think.

Lemon Ice Cream “Cooked”

This cooked version is a fuller, rounder, more unctuous ice cream than the uncooked one (see [page 178](#)), and is best served to accompany puddings from the ranks of pies, tarts and crumbles. The flavour verges on that of home-made lemon curd but has a bit more refinement.

	Metric	US	Imperial
Lemons, about 3	350 g	12 oz	12 oz
Whipping/heavy cream (36% fat)	625 ml	2 1/2 cups	20 fl oz
Egg yolks	5	5	5
Vanilla sugar (see page 61)	200 g	1 cup + 2 tsp	7 oz
Makes about	1 litre	4 cups	32 fl oz

Thoroughly scrub the lemons in warm, soapy water, then rinse and dry. Using a sharp potato-peeler, remove only the coloured part of the zest from 1 lemon. If some of the white pith is removed with the zest, this should be shaved off, using a sharp knife angled almost flat against the peel. Put the strips of zest in a small saucepan with the cream and heat gently until just below boiling point, then cover and leave aside to infuse for 30 minutes.

In a heatproof bowl combine the egg yolks and sugar and beat until they take on a pale yellow colour and lighter consistency.

Re-heat the lemon and cream infusion to just below boiling point then pour, in stages, through a sieve on to the egg yolks, whisking between each

addition.

Now continue to make according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#). Once the custard has cooled, cover and chill in the fridge.

Immediately, and while the custard cools, finely grate only the lemon-coloured zest from the remaining 2 lemons and add to the custard. When it has cooled to room temperature, cover the surface of the custard with a circle of lightly buttered greaseproof paper and transfer to the fridge to chill.

When ready, squeeze the juice from all the lemons and add a tablespoon at a time to the chilled custard via a plastic sieve. Once 6 tablespoons of lemon juice have been stirred in, start tasting, and add a little more lemon juice until the flavour is to your liking. Now either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Lemon Ice Cream “ Uncooked

Quick, fresh-tasting and light (it contains no eggs), this version is better served as part of a selection of other ice creams and/or sorbets. Eat within three days. (We say this, not because something dreadful happens to the ice cream at the 73rd hour, but just because the bright edge of freshness is all but gone from the flavour by then.)

NOTE: Use very fresh cream for this recipe or there is a danger that the lemon juice will curdle it.

	Metric	US	Imperial
Lemons, about 3	350 g	12 oz	12 oz
Unrefined granulated sugar	200 g	1 cup + 2 tsp	7 oz
Whipping/heavy cream (36% fat), chilled	500 ml	2 cups	16 fl oz
Salt	¼ tsp	¼ tsp	¼ tsp
Makes about	850 ml	3 ½ cups	28 fl oz

Prepare and remove the peel from all 3 lemons as outlined in the recipe for **Lemon Ice Cream “ Cooked** see [page 177](#), making sure all the white pith is removed from the zest. Put the peel and sugar into a food processor or blender and blend for about 4 minutes, or until the peel is so fine it “disappears”™ into the sugar. Squeeze the juice from the lemons and measure 6 Tbsp into the food processor. Keep the remaining juice. Add the salt and blend again for 30 seconds then stir slowly and steadily into a jug containing the chilled cream. Cover and chill again for about 1 hour.

When ready, taste the mixture and add more lemon juice if preferred; a further tablespoon will usually suffice.

Now either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Lemon Curd Ice Cream

This is adapted from a recipe card from our favourite supermarket chain, Waitrose.

We have adapted it slightly by lowering the fat content. It is easy to make, light and fresh tasting; one of our favourites in fact. We used a shop-bought product, Duchy Originals, luxury organic lemon curd.

	Metric	US	Imperial
Unwaxed lemon, rind only	1	1	1
Whipping/heavy cream (36% fat)	284 ml	1 ⅓ cups	9 ½ fl oz
Clear honey	3 Tbsp	3 Tbsp	3 Tbsp
Natural whole milk yoghurt	250 ml	1 cup	8 fl oz
Luxury organic lemon curd	160 g	½ cup	5 ½ oz
Makes about	700 ml	2 ¾ cups	23 fl oz

Pour the cream into a bowl, add the finely grated rind of the lemon and beat either by hand or electric hand whisk until the cream just starts to thicken. Stir in the remaining ingredients.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Lemon Meringue Ice Cream

About thirty years ago the Kenwood Chef mixer came accompanied, as usual, by its own paperback recipe book containing one recipe in particular which was a family favourite. It was the Kenwood version of a Lemon Meringue Pie, different in that the whole lemons were liquidised with sugar, water and cornflour before being strained and thickened then poured into the pastry case and topped with meringue. This method of liquidising the whole lemons gave the filling a delicious bitter-sharpness, unlike a straightforward lemon flavour, but completely right for the pie with its billowing, sweet meringue top. They no longer give this particular version in the Kenwood book, so it is from memory. (If anyone has this vintage version of the book lying around unappreciated, please send it to us.)

You can complete the lemon meringue pie experience if you wish, by serving the ice cream in bowls on a base of **Crisp Almond Crumble** (see [page 285](#)) and topping with roughly crumbled **Meringue** (see [page 284](#)). It is rather good.

	Metric	US	Imperial
Milk powder* (Full fat)	3 Tbsp	3 Tbsp	3 Tbsp
Water	250 ml	1 cup	8 fl oz
Cornflour/ cornstarch	2 Tbsp	2 Tbsp	2 Tbsp
Lemons	2	2	2
Vanilla sugar (see page 61)	100 g	1/2 cup	3 1/2 oz
Whipping cream	250 ml	1 cup	8 fl oz
Makes about	625 ml	2 1/2 cups	20 fl oz

* We use Nido® milk powder and available worldwide.

Combine the milk powder, water and cornflour in a liquidiser. Scrub the lemons, cut into chunks and add. Blend for about 2 minutes, or until the lemon pieces are about the size of sugar coffee crystals. Position a fine sieve over a small non-stick pan and pour in the contents of the liquidiser. Press the pulp down hard to extract the maximum liquid. Discard the pulp.

Transfer the pan to direct heat and bring to the boil, stirring. Adjust the heat to give a gentle boil and continue to cook for a further 2 to 3 minutes. Remove the pan from the heat and stir in the sugar. When this has dissolved insert a piece of oiled greaseproof paper to lie directly on top of the sauce and seal about an inch up the side of the pan. Leave until cold then chill in the fridge.

When ready stir the cream into the sauce and then either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Fresh-Tasting Lemon Yoghurt Ice Cream

This ice is light, clean and quite honestly rather sharp. Taste the mixture just before freezing and add an additional tablespoonful or two of sugar, if you really must. But, if you add too much, the ice cream is in danger of tasting like shop-bought, sweetened yoghurt.

	Metric	US	Imperial
Juice of lemons, strained	2	2	2
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Whipping/heavy cream (36% fat), chilled	150 ml	1/2 cup + 2 Tbsp	5 fl oz
Greek/Russian style (full fat) yoghurt	420 g	1 3/4 cups	14 3/4 oz
Makes about	850 ml	3 1/2 cups	28 fl oz

Scrub 1 lemon in warm, soapy water. Rinse, dry and use a potato peeler to remove 3 strips (approximately 1.25 cm/ 1/2 inch wide) of zest from stem to stem of the lemon. Put the lemon strips in a food processor or blender with the sugar, and liquidise until the lemon is so fine it “disappears” into the sugar. Add the cream and yoghurt and the strained juice of both lemons and process just long enough to mix thoroughly. Chill covered. When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Lemon Granita

Lemon and coffee are the two classic granita flavours. This particular recipe gives a wonderful clean lemon flavour with just the right sharpness and no hint of the “boiled sweet” lemon extract that ruins commercial sorbets and ices.

	Metric	US	Imperial
Lemon juice (about 5 lemons)	200 ml	$\frac{7}{8}$ cup	6 $\frac{3}{4}$ fl oz
Sugar syrup (see page 70)	200 ml	$\frac{7}{8}$ cup	6 $\frac{3}{4}$ fl oz
Water	300 ml	1 $\frac{1}{4}$ cups	10 fl oz
Makes about	700 ml	2 $\frac{3}{4}$ cups	23 fl oz

Squeeze and sieve the lemons to remove any pips or pieces of lemon. Add the sugar syrup and water, mix well, and then make according to the recipe for **Granita** [page 71](#).

For the ultimate dinner party chic use for a **Sgroppino** ([page 223](#)), or put a scoop in a glass of iced tea or a glass of soda water or a coke.

Lemon Sorbet

Beside the other exotic recipes, this sorbet still has a place because when made well it is superb. However, it is often abused. Frequently, even in expensive restaurants, we have enquired if the sorbets are made on the premises and the question usually prompts an offended affirmative. Then our imagination conjures up chefs in tall white hats squeezing a pile of lemons. Not a bit of it. In many cases they are shaking a packet of ready-mix white crystals into a bowl, adding water and making the restaurant's own home-made lemon sorbet™. Who do they think they are fooling? Because when it isn't the real McCoy it is instantly detectable. Citric acid, lemon essence, lemon juice from a bottle or the stuff from squeezey plastic lemons do not work either. Simply taste the sorbet made from this recipe and you will know what we are talking about and it will save us a thousand words of text.

Lemon sorbet is a challenge, as lemons vary considerably in size and flavour. So be ready to taste and adjust the sugar before freezing. Some lemons are sweeter than others but do not reduce the sugar below the recipe level.

	Metric	US	Imperial
Lemon juice (about 6 lemons)	325 ml	1 $\frac{1}{2}$ cups	12 fl oz
Icing/confectioners sugar	125 g	1 cup	5 oz
Sugar syrup – see page 70 and recipe below			
Water – see recipe below			
Makes about	750 ml	3 cups	24 fl oz

Thoroughly scrub and dry the lemons. Use a zester to remove only the strips of yellow-coloured skin NOT the white part, from three of the lemons, then chop very small to about the texture of caster sugar. Set aside.

Squeeze the lemons. Position a fine sieve over a bowl and strain the lemon juice. Whisk in the sugar about 50 g/ $\frac{1}{4}$ cup/2 oz at a time. Add the finely chopped zest and chill in the fridge.

When ready, taste and then **add equal quantities of both water and sugar syrup**, about 50 ml of each at a time, until you have a true lemon flavour that is not too tart.

Then when ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

VARIATION: A Colonel is a lemon sorbet that has vodka poured over it just before it is served. One of our favourites.

Lemon Grass Ice Cream

Lemon grass is a flavour used extensively in the cooking of Thailand, Malaysia, Indonesia and Sri Lanka. Lemon grass contributes a perfume to a dish, something akin to lemon verbena, with no notion of sourness. It can be bought fresh from most shops specialising in Asian foods; which is preferable to either the dried or certainly the powdered form. It usually comes in bundles of six or eight stalks, about 30 cm/12 inches long. Looking like a somewhat drier, woodier version of a spring onion or scallion, they are prepared in much the same way, using only about 13 cm/5 inches of the bulb-like base. Having discarded the top, trim the base and peel off the tough outer leaves (about eight stalks will suffice for this recipe) and you are ready to go. Any remaining lemon grass will keep for about three weeks if stored in a plastic bag in the fridge, and can be used to flavour all manner of rice, soups, fish and chicken dishes.

	Metric	US	Imperial
Lemon grass, trimmed stalks (see above)	110 g	4 oz	4 oz
Whole milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Egg yolks	3	3	3
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Makes about	625 ml	2 1/2 cups	20 fl oz

Thinly slice the lemon grass and put this into a saucepan with the milk and cream. Bring to just below boiling point then remove the pan from the heat, cover and leave to infuse for a minimum of 30 minutes.

In a medium-sized, heatproof bowl whisk together the egg yolks and sugar until they take on a pale yellow colour and lighter consistency. Bring the lemon grass infusion back to just below boiling point and pour on to the egg yolks, whisking all the while.

Make according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#). Once the custard has cooled, cover and chill in the fridge.

When ready, add the chilled cream, strain the custard discarding the lemon grass pieces, then either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Basil-Flavoured Lemon Sorbet *Sorbetto di Limone al Sapor di Basilico*

Over the last twenty years or so basil has risen from anonymity to become one of the cook's favourite herbs. Witness the popularity by its presence, fresh, all year round, cheek by jowl with mint and parsley in most supermarkets. Basil marries so well with tomato that the combination is in danger of becoming a tired culinary cliché. What is surprising is how slow people have been to recognise its potential with fruit. Only one herb book, admittedly written over twenty-five years ago, timorously suggests adding a pinch (a measurement so small it can serve no purpose) to stewed fruit. This is Anna Del Conte's recipe, which comes from her book, Entertaining all'Italiana. It combines basil, oranges and lemons in a sorbet with typical Italian vigour and the result is excellent.

	Metric	US	Imperial
Lemons	8	8	8
Oranges	2	2	2
Water	625 ml	2 1/2 cups	20 fl oz
Unrefined granulated sugar	350 g	1 3/4 cups	12 oz
Basil leaves about	24	24	24
Makes about	1 litre	4 cups	32 fl oz

Scrub the fruit in warm, soapy water; rinse and dry. Use a sharp potato peeler to remove the peel from the oranges and lemons, without removing

the white pith, and put into a non-reactive saucepan. Add the water and the sugar. Bring slowly to the boil and boil rapidly for 3-4 minutes. Remove from the heat, cover and allow to cool. When cool, strain the contents of the pan into a bowl. Meanwhile squeeze the lemons and oranges, strain, and add this to the syrup. Tear up the basil leaves into very small pieces and add these as well. Chill overnight.

When ready, either **still** or **stir freeze** ([page 80](#)), give a good stir to mix the basil leaves evenly as they have a habit of getting wound round the paddles and **store** ([page 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Lime Sorbet

*A wonderfully refreshing, delightfully tart sorbet. To us limes always seem to have more than a hint of coconut about them, so teaming this sorbet with **Easy Coconut Ice Cream** (see [page 140](#)) works well. In fact, if you think about all the other fruits that grow in a similar climate and base your ideas on combinations of these, you canâ€™t go far wrong.*

	Metric	US	Imperial
Limes	5	5	5
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Lemon juice, strained	1 Tbsp	1 Tbsp	1 Tbsp
Water	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

Since the zest of only 1 lime is needed, it is only necessary to wash one. Use a zester and remove the coloured peel only from this one. Cover and keep to add to the sorbet when frozen. Squeeze the limes, strain, and mix the juice with the sugar syrup, strained lemon juice and water. Chill in the refrigerator, preferably overnight.

When ready, either **still** or **stir freeze** then fork in the reserved lime zest and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

NOTE: We prefer putting in the lime zest at this stage; added earlier, the tendrils of peel tend to get wound around the blades of the machine and time spent removing them allows the sorbet to melt.



Liquorice Root Ice Cream

This is Heston Blumenthalâ€™s recipe, for which we thank him. He is the three-star chef with an insatiable curiosity about food and he uses anything science has to offer in order to achieve the tastes, textures and consistencies that he wants. As so often happens with Heston he has

gone back to the origin of liquorice; literally back to the roots. We so rarely taste anything other than the black liquorice confectionery, which always has a heavy black treacle/molasses flavour, that it comes of something of a shock to find out what a bright flavour liquorice really has; bright with a nutty, woody background. Miles away from liquorice bootlaces, Danish salt liquorice, Bassets Liquorice Allsorts, and all the rest. Try it.

NOTE: Liquorice root can be bought in individual sticks about 18cm/7 inch long or in bundles of 10 sticks in whole- food stores. They are inexpensive and keep for a long time if wrapped tightly in clingfilm and stored in a screw-topped jar.

	Metric	US	Imperial
Liquorice sticks	6	6	6
Whole milk	625 ml	2 1/2 cups	20 fl oz
Unrefined granulated sugar	120 g	1/2 cup + 1 Tbsp	4 oz
Coffee beans	10	10	10
Skimmed milk powder	50 g	1/2 cup	1 3/4 oz
Egg yolks	6	6	6
Seeds from vanilla pod	1	1	1
Makes about	875 ml	3 1/2 cups	28 fl oz

Cut the sticks into short lengths. (Garden secateurs are the best implement for this.) We then crack the stems open with a hammer to aid the infusion. Put the sticks in a small pan with the whole milk, 1 dessertspoon of sugar taken from the measured amount, the coffee beans and milk powder. Bring to the boil then turn down the heat and allow the mixture to simmer for 5 minutes. Remove, cover and leave aside to infuse for 20 minutes.

Meanwhile put the rest of the sugar in the bowl of a stand mixer fitted with a whisk attachment. Add the egg yolks and the seeds scraped from the halved vanilla pod. Turn the machine to maximum and leave to whisk for 10 minutes. By this time the mixture will have thickened, whitened and increased in volume.

Return the infused milk to the boil then strain through a fine sieve into a jug. Whisk the milk into the beaten eggs in a slow stream then return the contents of the bowl to the rinsed-out pan. Cook over a low heat stirring until the custard thickens or reaches 85°C/185°F.

Transfer the custard to the rinsed-out jug, cover and leave to cool then chill in the fridge.

Still or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Lychee & Lime Sorbet

Lychees are a fruit that take to canning very well. In fact, they are often better from the can than the fresh ones we buy, so they make an ideal store-cupboard sorbet which fits the Western need for a dessert to follow a Far Eastern meal.

The flavour is light, fresh, and fragrant; an exquisite sorbet which people eat in embarrassing amounts.

Fresh lime leaves are available from Thai or Oriental greengrocers.

	Metric	US	Imperial
One can lychees in natural juice	425 g	15 oz	15 oz
Unrefined granulated sugar	150 g	3/4 cup	5 1/4 oz
Fresh lime leaves	9	9	9
Juice of lime, strained	1	1	1
Makes about	625 ml	2 1/2 cups	20 fl oz

Drain the juice from the can into a small saucepan and add the sugar and 6 rinsed and dried lime leaves. Bring slowly to the boil then remove the pan from the heat, cover and leave aside to infuse for a minimum of 30 minutes. Liquidise the lychees for about 30 seconds then stop the machine and pour in the strained lime juice and syrup; blend for a further 30 seconds. Strain the pulp, pressing hard on the debris left in the sieve to extract the maximum juices. Slice the remaining 3 lime leaves as finely as possible then chop about 6 times with the knife. Mix into the strained liquid, cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** (pages 80 to 81). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Mai Tai Sorbet

Mai Tai is a cocktail invented in 1944 by Victor Bergeron, the founder of Trader Vic’s in Oakland, California. The name, Mai Tai, is Tahitian and means “Out of this World” which this sorbet really is. For absolute authenticity the cocktail must be made with Trader Vic’s Mai Tai Rum, but a good matured dark rum will do.

NOTE: Because of the amount of alcohol in this sorbet it will probably not freeze sufficiently in a machine to serve immediately – it depends on the type of machine. So we would not recommend it, say, as an impromptu ice on a hot summer’s day. Much better to consult a weather forecast and make it the previous day.

	Metric	US	Imperial
Matured dark rum	4 Tbsp	4 Tbsp	4 Tbsp
Curaçao	2 Tbsp	2 Tbsp	2 Tbsp
Orgeat (see page 87)	2 Tbsp	2 Tbsp	2 Tbsp
Lime juice	2 Tbsp	2 Tbsp	2 Tbsp
Unrefined granulated sugar	2 tsp	2 tsp	2 tsp
Lemon juice	4 Tbsp	4 Tbsp	4 Tbsp
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Water	75 ml	1 1/2 cups	12 fl oz
Makes about	850 ml	3 1/2 cups	28 fl oz

Mix all the ingredients together. Stir until the sugar is completely dissolved, then cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** (pages 80 to 81). Freeze overnight. This sorbet can be served straight from the freezer.

Serve with a sprig of fresh mint before or after a meal.

Mango Sorbet

There is no doubt a good mango is hard to find. In fact it can be so long between one good mango and the next you can forget how plain perfect a ripe mango can be. But there are six varieties to look for: Alphonso from India; Haden, Keitt, Kent and Tommy Atkins from Puerto Rico; and from the West Indies, Julie.

	Metric	US	Imperial
Fresh mango	675 g	1 1/2 lb	1 1/2 lb
Sugar syrup (see page 70)			
Juice of lemon	1	1	1
Salt	1/4 tsp	1/4 tsp	1/4 tsp
Makes about	625 ml	2 1/2 cups	20 fl oz

Remove the flesh and skin from the mango and puree in a food processor or blender until smooth. Pour into a measuring jug; there will be about 400 ml/1 1/2 cups/12 fl oz. Now add half this volume of syrup, i.e. 200 ml/1/2 cup/7 fl oz. Strain the lemon juice and add with the salt. Mix well, taste and add a little more lemon juice, if preferred. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** (pages 80 to 81). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften

sufficiently for serving.

Maple Syrup Ice Cream

This is of course using genuine maple syrup and not maple-flavoured syrup; the real stuff has a maple leaf motif on the label. A slightly different cooking technique is used for the custard; it is baked in individual ramekins in a water bath. Nothing can go wrong with this method; the custard is simply left to bake, then once cooled, the contents of the ramekins can be emptied into a jug and left to chill in the fridge until you are ready to chum it. That is all. The flavour of the ice cream is A.1.

	Metric	US	Imperial
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Egg yolks	6	6	6
Maple syrup	125 ml	½ cup	4 fl oz
Light soft brown sugar	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	750 ml	3 cups	24 fl oz

You will need 6 Å— 185 ml/Å¾ cup/6 fl oz capacity ramekins and a roasting tin large enough to accommodate them. Preheat the oven to 160Å°C/325Å°F/Gas Mark 3. Warm the cream in a saucepan until hand-hot. Meanwhile put the egg yolks into a bowl and beat for 1-2 minutes, then continue beating and pour in the maple syrup and soft brown sugar. Beat for a further minute before pouring the hot cream on to the egg yolk mix in a thin stream, still whisking all the while.

Pour an equal quantity of the mixture into each ramekin through a sieve. Put the ramekins in a roasting tin, then into the oven before pouring sufficient tap-hot water into the roasting tin to the same depth as the mixture inside the pots. Lay a sheet of foil over the top to prevent the surface of the custards forming a crust. Bake for about 60-75 minutes or until the custards are just set.

Carefully remove the roasting tin from the oven then the ramekins from the water bath. Leave to cool. It takes up less space in the fridge if the custards are now emptied into a jug before transferring to the fridge to chill.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Maple Syrup & Pecan Ice Cream

	Metric	US	Imperial
One recipe Maple Syrup Ice Cream (see page 187)			
Pecans, shelled and chopped	40–60 g	½ to ⅔ cup	1 ½ to 2 ¼ oz
Makes about	750 ml	3 cups	24 fl oz

Make the **Maple Syrup Ice Cream** according to the recipe. Add the chopped pecans, sprinkling them into the ice cream as it is spooned into the plastic freezer boxes. Stir well to mix, then cover and store according to the method for making Maple Syrup Ice Cream.

Marguerita Sorbet

Because of the amount of alcohol in this sorbet it is almost impossible to chill sufficiently in a machine to serve immediately, so allow overnight in the freezer to solidify.

	Metric	US	Imperial
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Water	375 ml	1 ½ cups	12 fl oz
Cointreau®	4 Tbsp	4 Tbsp	4 Tbsp
Tequila	4 Tbsp	4 Tbsp	4 Tbsp
Juice of lemons, strained	2–3	2–3	2–3
Makes about	1 litre	4 cups	32 fl oz

Mix the sugar syrup, water, alcohol and the strained juice of 2 lemons. Then taste, and add more lemon juice, if liked. Chill the mixture in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Freeze overnight. This sorbet can be served straight from the freezer.



Marmalade Ice Cream

François Massialot in his Nouvelle Instruction pour Les Confitures, Les Liqueurs, et Les Fruits, avec le Manière de Bien, 1692, has a recipe, Fromage à la Duchesse (Duchesse), that contains dried apricots, green citrons and orange marmalade in it.

However the earliest reference to an exclusively marmalade ice cream is in John Caird's book The Complete Confectioner published in Edinburgh (1809). He has, under ice creams, a Crème d'Arcy. The ingredients are cream, sugar and marmalade, "and if in season a little grate of bitter orange".

There are a number of "d'Arcy" recipes and "à la d'Arcy" recipes in Mr Caird's book and Ivan Day thinks he may have worked for a family of that name.

Mrs Marshall in her Book of Ices (1885) has a recipe that is a little more complicated than ours. The recipe below is sensationally quick, simple and delicious. Just be sure to use a good quality Seville orange marmalade "extra thick-cut and home-made preferred. Mrs Marshall strains her marmalade ice cream, but we like to leave in the peel as it adds character. Like John Caird's original our recipe requires no cooking.

We always suggest that anyone who has never made ice cream before should start by making this "minimum effort/maximum result ice cream".

	Metric	US	Imperial
Seville orange marmalade	310 g	1 cup	11 oz
Caster/ultra fine sugar	30 g	1/8 cup	1 oz
Whipping/heavy cream (36% fat), chilled	500 ml	2 cups	16 fl oz
Orange juice	1-2 tsp	1-2 tsp	1-2 tsp
Makes about	850 ml	3 1/2 cups	28 fl oz

Combine the marmalade, sugar and the cream in a food processor or blender and blend very briefly so that the peel remains in discernible pieces. Taste and add the orange juice to your liking.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

NOTE: This is really special served as **Deep Fried Ice Cream** (see [page 153](#)).

VARIATIONS: Ginger marmalade or any other marmalade makes delicious ice creams. You can use the whole gamut of marmalades from Coopers

Vintage Marmalade to Roses Lime Marmalade. Whisky Marmalade also works well. We have found that at demonstrations it is the marmalade ice cream that is the particular favourite of men.

MELONS

The variety, size and flavour of melons vary so greatly there are no recipes that will cover all types. As a general rule don't attempt a melon sorbet unless the melon is really ripe, or you will be disappointed. Stick to the most strongly flavoured of the melon varieties: Cantaloupe, Charentais or Galia.

Cantaloupe Melon Sorbet

	Metric	US	Imperial
Whole Cantaloupe melon, about	750 g	1 ½ lb	1 ½ lb
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	750 ml	3 cups	24 fl oz

Halve the melon and scoop out the seeds. Scoop the flesh from the melon rind and put the flesh in a food processor or blender with the sugar syrup. Blend until smooth.

There are then two possibilities:

1. There is quite a lot of fibre in a Cantaloupe melon. If you like a very firm sorbet, with a Cantaloupe melon texture, that will melt slowly, do not sieve.
2. If you do not like the texture and thickness that the fibre gives, rub through a fine sieve.

So, then sieve or do not sieve, as the case may be, and add the lemon juice. Taste, and add more lemon juice, if necessary. Then transfer to a large jug, cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Charentais Melon Sorbet

A bold and full-flavoured sorbet of an almost unreal pastel orange. As usual, for the best results, use a melon that is so ripe that the aroma hits you when you walk into the kitchen.

	Metric	US	Imperial
Whole Charentais/ musk melon, about	900 g	2 lb	2 lb
Unrefined granulated sugar	300 g	1 ½ cups	10 ¼ oz
Juice of lemons, strained	2	2	2
White port	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Halve the melon and scoop out the seeds. Remove the flesh from the melon rind and put in a food processor or blender with the sugar, strained lemon juice and port. Blend until smooth, and then transfer to a large jug. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Galia Melon Sorbet

Follow the instructions for making a **Charentais Melon Sorbet** (see above), omitting the white port.

Fresh Mint Ice Cream

A wonderful flavour that only the fresh herb will generate. It has a delicate green colour.

	Metric	US	Imperial
One recipe Standard French Vanilla Ice Cream (see page 72), omitting the vanilla bean and substituting			
Vanilla sugar (see page 61)	90 g	½ cup minus 1 Tbsp	3 ¼ oz
Sprigs of fresh mint	4 x 10 cm	4 x 4 inch	4 x 4 inch
Makes about	800 ml	3 ¼ cups	26 fl oz

Make the **Standard French Vanilla Ice Cream**, omitting the vanilla bean and substituting the less strong vanilla sugar. (If this is not easily to hand ¼ tsp vanilla extract can be used with ordinary sugar.)

Continue up to the stage where the custard has thickened sufficiently and reached 85Â°C/185Â°F. Have the sprigs of mint ready, rinsed and patted dry, and put them into a 1 litre/4 cup/32 fl oz measuring jug. As soon as the custard is ready, remove it from the heat and pour it into the measuring jug on top of the sprigs of mint. Leave to cool to room temperature and transfer to the fridge.

When ready, add the chilled cream, pour the contents of the measuring jug through a sieve pressing the mint firmly to extract the flavour, then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Mint Ice Cream with Blackcurrant Ripple

Blackcurrant being such a strong flavour, it is difficult to find another that will match yet alone marry with it, but mint is one that does.

Here the ratio of blackcurrant puree to mint ice cream, and the manner in which they are mingled, go to make an admirable balance.

	Metric	US	Imperial
One recipe Fresh Mint Ice Cream (see opposite)			
Blackcurrants	115 g	1 scant cup	4 oz
Unrefined granulated sugar	60 g	¼ cup	2 ¼ oz
Makes about	1 litre	4 cups	32 fl oz

Following the ingredients and method given for making **Fresh Mint Ice Cream**, prepare a mint-flavoured custard. Then cover and put in the fridge to chill.

To prepare the blackcurrants work over a colander or sieve and use a fork to strip the blackcurrants from the stalks, discarding all damaged and under-ripe berries.

Rinse and drain the blackcurrants. Then, if you have a microwave, tip into a microwave-safe casserole so that the fruit forms a shallow layer. It will need no additional water other than that left clinging to the berries. Cover and microwave at full power for 2 minutes. Stop, uncover and stir. Re-cover and microwave for a further 2 minutes. By this time the berries should be soft.

Alternatively, tip the drained berries into a small saucepan, add 1 Tbsp of water, cover and heat gently until the berries are soft.

Empty the berries and juices into a food processor or blender and add the sugar. Blend for 10 seconds, and then rub the pulp through a nylon sieve into a bowl. Cover and chill in the fridge.

Now **still** or **stir freeze** ([page 80](#)) the Fresh Mint Ice Cream. While the ice cream is freezing have ready the chilled blackcurrant puree and a plastic freezer box, minimum 1 litre/4 cup/ 32 fl oz capacity.

When the ice cream has reached the consistency of softly whipped cream, stop the machine and quickly spoon one-third of the mixture into the container. Cover this with a layer of half the blackcurrant puree; repeat the layering, finishing with the ice cream. Using a large spoon, turn and fold the mixture twice, making sure the spoon goes right to the base. More than this is not necessary and in fact will start to mix the ice cream and the puree. Then **store** ([page 81](#)).

Freeze for about 3 hours or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Mint Julep Ice Cream

The julep, often assumed to be American, is in fact of Persian origin. In The Legendary Cuisine of Persia (Grub Street), Margaret Shaida traces it back to the Persian word â€golabâ€™™. (â€golâ€™™ means flower, â€abâ€™™ means water. â€golabâ€™™ meant rosewater.). However, the Arabs do not have a hard â€gâ€™™ and pronounced it â€jolabâ€™™ and this was turned into the English julep. The meaning of the word changed in England to denote a diluted sweetened drink â€the julep cordial. It was further changed in America where the alcoholic mint julep is a popular, delicious and refreshing summer drink in the South.

The texture of this is on the icy side which is the result of adding sufficient alcohol to get the flavour right and holding back on the sugar so as not to drown the mint.

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Vanilla bean	1	1	1
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Egg yolks	4	4	4
Fresh mint leaves	6	6	6
Whipping/heavy cream (36% fat), chilled	500 ml	2 cups	16 fl oz
Bourbon whisky	125 ml	½ cup	4 fl oz
Makes about	1.25 litres	5 cups	40 fl oz

Using the above quantities of milk, vanilla, sugar and egg yolks, prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)). Continue up to the stage where the cooked custard is transferred from the heat to sit in a few inches of cold water. At this point add the rinsed, dried mint leaves to the hot custard, then leave to cool. Cover and chill in the fridge overnight.

When ready, add the chilled cream, strain the custard and stir in the chilled cream and the bourbon, then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Freeze overnight. This ice cream can be served straight from the freezer.

NOTE: In the machine this mixture will be unable to reach a low enough temperature to freeze to a firm enough consistency to serve, because of the high alcohol content.

Muscat Wine Sorbet

The success of this sorbet will depend on the flavour and quality of the dessert wine used. Orange muscat wines from Australia are particularly good for this sorbet.

	Metric	US	Imperial
Dessert wine	375 ml	1 ½ cups	12 fl oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Water	250 ml	1 cup	8 fl oz
Juice of lemon, strained	1	1	1
Makes scant	1 litre	4 cups	32 fl oz

To the measured wine, add the sugar syrup, water and strained juice of the lemon. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Freeze overnight and if frozen solid, allow 10 minutes in the fridge to soften sufficiently for serving.

Nectarine & Amaretti Ice

Rich, creamy and not too sweet. Here we have used the almond-flavoured biscuits, not the liqueur, other types of almond biscuits can be used, e.g. ratafias or macaroons.

	Metric	US	Imperial
Eggs	2	2	2
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Nectarines	4	4	4
Greek/Russian style (full fat) yoghurt	120 g	½ cup	4 ¼ oz
Almond extract, few drops			
Amaretti biscuits	50 g	2 oz	2 oz
Makes about	750 ml	3 cups	24 fl oz

Make according to the recipe for **Standard French Vanilla Ice Cream** ([page 72](#)). But using the whole eggs rather than just egg yolks. This will produce a thicker custard than usual. Once the custard has cooled, cover and chill in the fridge.

Meanwhile peel the nectarines by immersing them in boiling water for about 1 minute. Slip off the skins and quarter 3 of them. Put these in a food processor or blender and blend briefly so that the flesh remains in smallish pieces and is not reduced to a uniform puree. Fold these into the custard with the yoghurt and 1-2 drops of almond extract. Chill in the fridge.

When ready, either **still** or **stir freeze** ([page 80](#)). While the ice is freezing, dice the remaining nectarine and roughly crumble the biscuits by hand. When the ice cream is ready fold in the diced nectarine and crumbled biscuit and **store** ([page 81](#)).

Serve within 1½ hours or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving. Serve with a sweetened fresh **Raspberry Sauce** ([page 272](#)) scattered with additional crumbled biscuits, if liked.

Nougat Ice Cream

The nougat ice cream in our original book was good, but too complicated. This one is simple to make and tastes good. The problem is the

generally poor quality of nougat available, in shops in Britain anyway. Here we have added honey, toasted almonds, vanilla and almond extract to compensate for indifferent nougat, so, for once, do not bother to buy anything too expensive!

	Metric	US	Imperial
Unrefined granulated sugar	65 g	1/3 cup	2 1/3 oz
Honey, clear	5 Tbsp	5 Tbsp	5 Tbsp
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Vanilla extract	1 tsp	1 tsp	1 tsp
Almond extract	1/2 tsp	1/2 tsp	1/2 tsp
Whole, skinned almonds, deeply toasted	100 g	1/2 cup	3 1/2 oz
Nougat	120 g	4 1/4 oz	4 1/4 oz
Makes about	825 ml	3 1/2 cups	28 fl oz

Combine the first five ingredients together in a bowl, stir well to mix then cover and chill in the fridge.

Meanwhile chop the nougat into small pieces, about the size of coffee sugar crystals. (With soft nougat sometimes scissors work best for this.) Chop the almonds into a comparable size and set aside with the nougat, ready to add to the ice cream.

When ready, give the chilled mix a good stir, then **still** or **stir freeze** ([page 80](#)) the ice cream. Add the chopped nougat and almonds right at the end of freezing, mixing the pieces evenly throughout the mix. **Store** (see [page 81](#)).

Noyau Sherbet

Cr me de Noyau or Noyaux is a peach-flavoured liqueur made from a selection of nuts and fruit kernels. Be careful not to get Cr me de Noyeau which is a pink or white almond-flavoured liqueur. This sherbet is a very good foil for other flavours of ices and sorbets such as those of the plum family and soft fruit ice creams.

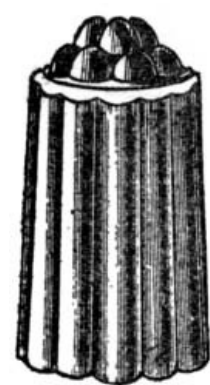
	Metric	US	Imperial
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Cr�me de Noyau OR Noyaux	3 Tbsp	3 Tbsp	3 Tbsp
Lemon juice	2 Tbsp	2 Tbsp	2 Tbsp
Whole milk	250 ml	1 cup	8 fl oz
Bitter almond essence	1 drop	1 drop	1 drop
Makes about	560 ml	2 1/4 cups	18 fl oz

Mix the sugar syrup, Noyau/aux and lemon juice together and chill.

When ready, add the milk, stirring the mixture briskly. Finally add the bitter almond essence, using a fine metal skewer. Taste and, if liked, add another drop of extract.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.





Olive Oil Gelato

A surprising number of olive oil ice-cream recipes offered to the public in newbooks and magazines require a large number of yolks or whole eggs, which are used to make an “un-cooked” ice cream. Yes, it is quicker, but it still seems a risky practice nowadays. Also most have quite a high sugar content, which is a shame because it masks the green flavours of olive oil. Try this one; minimal sugar and definitely “cooked”. We chose to use Arbequina as a good middle-of-the-road oil, both in price, flavour and availability. It makes a silky-textured, rather yellow/green ice cream. Good with Mediterranean fruits, e.g. raw or baked figs, peaches and apricots, rather than served on its own. An inspired taster has suggested serving the ice cream with panforte or toasted panettone.

	Metric	US	Imperial
Unrefined granulated sugar	150 g	3/4 cup	5 1/4 oz
Water	100 ml	3/8 cup	3 fl oz
Whole milk	200 ml	3/4 cup	6 fl oz
Egg yolks	4	4	4
Arbequina olive oil	200 ml	3/4 cup	6 fl oz
Makes about	600 ml	2 3/8 cups	20 fl oz

In a medium-size saucepan combine the sugar, water and milk and bring to the boil. In a separate bowl beat the egg yolks until frothy. Continue beating whilst pouring in the combined liquids in a thin stream then return the mixture to the pan. Carry on stirring with the pan over a low to moderate (or you may choose to use a double saucepan for this stage) heat until the custard thickens or reaches 85°C/185°F. Immediately transfer the pan to sit in cold water until cold. Stir in the olive oil and when ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Orange Ice Cream

The combination of orange juice, boiled to reduce and concentrate the flavour, and finely grated fresh orange zest added to the cooling custard gives an excellent balance of intensity with freshness of flavour.

One stage is tedious but important; remove all the white pith from the strips of orange zest, or the ice cream is likely to have an underlying bitterness.

	Metric	US	Imperial
Oranges	3	3	3
Whole milk	125 ml	1/2 cup	4 fl oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Egg yolks	5	5	5
Vanilla sugar (see page 61)	150 g	3/4 cup	5 1/4 oz
Makes about	700 ml	2 3/4 cups	23 fl oz

Thoroughly scrub the oranges in warm soapy water, then rinse and dry. Using a sharp potato peeler, remove only the coloured part of the zest from 2 oranges. If some white pith comes away with the zest, this should be shaved off using a sharp knife almost flat against the peel. Put the strips of zest in a small saucepan with the milk and half the cream. Bring slowly to the boil then remove from the heat, cover and leave on one side for a minimum of 30 minutes.

Bring the orange peel infusion back to just below boiling point, strain and use to make the custard according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#).

While the custard cools finely grate the zest from the remaining orange into it.

Squeeze the juice from all three oranges (about 250 ml/1 cup/8 fl oz). Strain this into a saucepan and boil until reduced by half. Stir this also into the cooling custard.

When cold, cover with a circle of lightly buttered greaseproof paper and leave to chill in the fridge.

When ready, add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Orange Ice Cream with Fresh Dates

Dates and oranges always have been perfect partners – it is the freshness of flavour of both that is remarkable in this ice cream.

	Metric	US	Imperial
One recipe Orange Ice Cream see left			
Fresh dates	12	12	12
Makes about	850 ml	2 3/4 cups	28 fl oz

Skin, halve and pit the dates. Quarter the fruit length-ways, and then slice across finely. Sprinkle the pieces of date into the still-frozen or churning ice cream. Stir carefully or leave to churn for 3 or 4 revolutions until evenly distributed in the ice cream. Then **store** [page 81](#). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Orange Sorbet

Oranges vary considerably in flavour and this recipe aims to get the absolute maximum flavour available from any type of orange.

To heighten the flavour add some finely grated orange zest to the sorbet mix before chilling, the zest looks great in the sorbet when frozen. We use icing/confectioners sugar rather than sugar syrup to reduce the water and maintain the orange flavour.

	Metric	US	Imperial
Oranges (about 6 oranges)	500 ml	2 cups	16 fl oz
Icing/confectioners sugar	235 g	1 1/4 cups	11 oz
Lemon juice, to taste	2-3 tsp	2-3 tsp	2-3 tsp
Makes about	750 ml	3 cups	24 fl oz

Thoroughly scrub and dry the oranges. Use a zester to remove only the strips of orange-coloured skin NOT the white part, from three of the oranges, then chop very small to about the texture of caster sugar. Set aside.

Squeeze the oranges. Position a fine sieve over a bowl and strain the orange juice. Whisk in the sugar about 50 g/¼ cup/2 oz at a time. Add the finely chopped zest and chill in the fridge. When ready, taste and add lemon juice, a tablespoon full at a time, until you get a clear orange flavour

Then when ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Seville Orange (Bitter Orange) Sorbet

One of our all-time favourites. Sadly, this is a very seasonal recipe. Frozen Seville oranges do not respond to zesting and juicing.

	Metric	US	Imperial
Seville oranges	6	6	6
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Lemon	1	1	1
Makes about	800 ml	3 1/4 cups	26 fl oz

Thoroughly scrub and dry the oranges. Use a zester to remove short, thin strips of zest from 2 of the oranges; alternatively finely grate them. Squeeze the juice from all the oranges and the lemon and strain through a plastic sieve into a measuring jug. Add the sugar syrup and make up to 750 ml/3 cups/24 fl oz with cold water. Add the zest. Chill in the refrigerator.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

NOTE: Make sure all the strips of zest are removed from the paddle of the machine and incorporated into the sorbet.

Fresh-Tasting Orange Yoghurt Ice Cream

*Omit the lemons from the recipe for **Fresh-Tasting Lemon Yoghurt Ice Cream** (see [page 179](#)) and substitute the following.*

	Metric	US	Imperial
Freshly squeezed orange juice	275 ml	1 cup + 2 Tbsp	9 fl oz
Rind of oranges	3	3	3
Lemon juice	1 tsp	1 tsp	1 tsp
Makes about	850 ml	3 1/2 cups	28 fl oz

Following the recipe for **Fresh-Tasting Lemon Yoghurt Ice Cream**, prepare the oranges in the same manner and liquidise the peel with the sugar so that it becomes as fine as the sugar.

Squeeze the juice from the oranges, strain and put into a small non-reactive saucepan. Boil gently until reduced to just under half the quantity, about 6-7 Tbsp. Cool.

Follow the method for making Fresh-Tasting Lemon Yoghurt Ice Cream, stirring together the flavoured sugar, reduced orange juice, lemon juice and yoghurt.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Orange Blossom Sorbet

This is made with orange blossom (or flower) water which is the distillation of orange flowers. These vary considerably in quality, so go for the best.

	Metric	US	Imperial
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Water	375 ml	1 1/2 cups	12 fl oz
Orange flower water	1 Tbsp	1 Tbsp	1 Tbsp
Juice of lemon, strained	1	1	1
Makes about	750 ml	3 cups	24 fl oz

In a large measuring jug combine the sugar syrup, water, orange flower water and the strained juice of the lemon. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Panforte Gelato

Mincemeat ice cream has been quite popular recently. We have reservations about this because eating frozen fat (suet) does not appeal. So we offer panforte gelato as well as **Christmas Cake Ice Cream** ([page 135](#)), as recommended alternatives.

Panforte, a speciality of Sienna, is a fruit and spice cake but fashioned in a disk about 1½ cm/¾ in thick. It comes wrapped in thick white paper and is available in Italian delicatessens. The spices, dried fruits and Marsala make this a really Christmas gelato.

Serve with dried figs poached in coffee or on top of a hot baked cooking apple.

	Metric	US	Imperial
Egg yolks	3	3	3
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Whole milk	500 ml	2 cups	16 fl oz
Marsala*	1-2 Tbsp	1-2 Tbsp	1-2 Tbsp
Panforte**	200 g	7 oz	7 oz
Makes about	750 ml	3 cups	24 fl oz

*Do not use Marsala with egg (*con uova*).

**The paper on the base of the panforte is usually rice paper that is edible, however the paper that is around the edge, which is usually printed with the maker's name, needs to be removed and discarded.

Make according to the recipe for **Standard Italian Gelato** [page 75](#). Once the custard has cooled, cover and chill in the fridge.

When ready, add the Marsala, taste and add more if liked. Then either **still** or **stir freeze** ([page 80](#)). While the custard is freezing dice the panforte, not larger than 0.5 cm/¼ inch dice and then fold into the freshly made gelato. Then **store** ([page 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Passion Fruit Sorbet

A fruit with a fragrant, penetrating flavour which has no equal; it is superb. The only way to make a bad passion fruit sorbet is to make it too strong. If the sorbet is to be made almost immediately pass over the smooth-skinned passion fruit and go for the gently wrinkled as these will be riper, sweeter and more fragrant. Smooth fruit will ripen (i.e. wrinkle) if kept at room temperature for several days, or one to two weeks in a fridge. Serve this as part of a selection of tropical fruit sorbets e.g. **Guava and Lime** (see [page 165](#)) and **Lychee and Lime** (see [page 186](#)).

	Metric	US	Imperial
Ripe passion fruit	10	10	10
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Juice of lemons, strained	2	2	2
Makes about	500 ml	2 cups	16 fl oz

Working over a food processor or blender cut each passion fruit in half and use a teaspoon to scoop out the seedy pulp into the container. Set the machine in motion and pour in the measured sugar syrup. Continue to blend for a further 15 seconds then switch off. Have a plastic sieve ready, positioned over a bowl. Pour the passion fruit puree into the sieve, and then rub through until only the seeds remain. (Liquidising the pulp makes the flesh come apart from the seeds more easily so sieving is made simpler.) Stir in the strained lemon juice. The mixture can now be frozen, or covered and refrigerated until required.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Pea & Mint Savoury Ice Cream

One of our favourite savoury ice creams. The sweetness of the peas is to some extent offset by the lactic flavour of cream cheese and sharpened by lemon juice. If served with a dollop of salted fromage frais mixed with snipped chives, the balance is perfect. It also makes an excellent light lunch on a hot summer's day served as a garnish in chilled soup such as lettuce, tomato and buttermilk. Ladle the soup

into large shallow soup dishes, put two or three quenelles (or scoops) of the savoury ice in the centre of each portion and top with the fromage frais.

	Metric	US	Imperial
Frozen peas	225 g	½ lb	½ lb
Cream cheese, full fat, crumbled	120 g	4 oz	4 oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Fresh mint leaves, finely chopped	1 Tbsp	1 Tbsp	1 Tbsp
Salt	½ tsp	½ tsp	½ tsp
Unrefined granulated sugar	¼ tsp	¼ tsp	¼ tsp
Whipping/heavy cream (36% fat)	150 ml	½ cup + 2 Tbsp	5 fl oz
Makes about	500 ml	2 cups	16 fl oz

NOTE : The use of a liquidiser/blender is specified in the method as this will give a smoother consistency than a food processor. Sieve the mixture if using a food processor.

Put the peas into a small saucepan and pour in just sufficient boiling water to cover. Add a little salt and bring back to the boil; cook for 5 minutes then decant the contents of the pan into a sieve. Sluice with cold water and drain thoroughly before transferring the peas to a liquidiser or blender.

Blend in short bursts, stopping frequently to scrape down the sides of the liquidiser goblet. For a really smooth-textured ice cream the peas should be sieved at this point. If you decide against this rather finicky stage, make sure you liquidise the peas as thoroughly as you can before adding the crumbled cream cheese and lemon juice. Blend until smooth then finally add the chopped mint, salt and sugar and whipping cream. Liquidise just long enough to mix thoroughly and no more, then pour into a plastic freezer box (21 Å— 16 Å— 6 cm/8 Å— 6 Å— 2 Å½ inches). Cover and freeze for 30 minutes. Use a fork to scrape the frozen mix from the base and sides of the container; beat into the rest of the mix until smooth, then cover and re-freeze for 1 further hour. Put into a food processor and process for about 10 seconds until smooth. Re-freeze until just sufficiently soft to serve, about 1 hour. If frozen solid, allow about 20 minutes in the fridge to soften before serving. Serve cut into slices.

Peach & Hyssop Ice Cream

One of the lesser-known herbs but one that is attractive and easy to grow. However, on first inspection it is not inspiring. It has a strong, sour, spicy camphor-type smell; rather medicinal. The flavour is bitter and considered slightly minty. All in all, not the sort of herb to go with peaches, you would think, yet in a curious way it blends with peaches and apricots and boosts their flavour. Since it is also reputed to aid digestion of fat, what better way in which to use it than in an ice cream?

	Metric	US	Imperial
One recipe Peach or Nectarine Ice Cream (see page 200)			
Sprigs of hyssop	2	2	2
Makes about	1 litre	4 cups	32 fl oz

The herb can either be used to infuse the milk, or the leaves chopped and added to the custard before churning. For an infusion, bruise 2 sprigs of hyssop by rolling with a rolling pin. Bring to a boil in the milk then cover and leave aside for about 1 hour. Re-heat the milk and strain before using to make a custard. Or, add 1 tsp of chopped hyssop leaves to the custard before freezing.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Peach or Nectarine Ice Cream

The flavour of most fruit ice creams and sorbets relies heavily on the fruit being fully ripe. This is particularly so with peach ice cream. Sadly it is very difficult to get ripe peaches in Britain and in some parts of America. â€œReady to eatâ€™ ones are often not and anyway are far too expensive a delicacy to be pulped in an ice cream. Furthermore if they are on the firm side, donâ€™t buy peaches in the hope that they will ripen. Experience has shown that they remain firm for up to two days then, very suddenly, they shrivel and rot. Nectarines generally have a better flavour, are cheaper and will ripen slightly if kept for a day or two. As far as ice creams and sorbets are concerned either fruit can be used, but nectarines seem to us a better choice.

	Metric	US	Imperial
Whole milk	250 ml	1 cup	8 fl oz
Unrefined granulated sugar	150 g	¾ cup	5 ¼ oz
Egg yolks	2	2	2
Vanilla extract	¼ tsp	¼ tsp	¼ tsp
Peaches or nectarines	450 g	1 lb	1 lb
Juice of lemon	1	1	1
Whipping/heavy cream (36% fat), chilled	250 ml	1 cup	8 fl oz
Makes about	1 litre	4 cups	32 fl oz

Using the above quantities of milk, sugar and egg yolks (using vanilla extract instead of a bean), prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** see [page 72](#).

While the custard is cooling, peel the peaches or nectarines by immersing in boiling water for about 1 minute. Slip off the skins, halve the peaches and discard the stones, then slice the fruit into a food processor or blender, add the lemon juice and blend very briefly so that the fruit remains in

definite bits. Cover and chill the fruit pulp and custard.

When ready, combine the custard, cream and pulp and either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Peach & Praline Ice Cream

	Metric	US	Imperial
One recipe Peach or Nectarine Ice Cream (see left)			
Crushed Almond Praline see page 285	4 Tbsp	4 Tbsp	4 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Crush the praline, not too finely, in a pestle and mortar or use a small bowl and the end of a rolling pin. Either method is more satisfactory than a food processor which tends to run away with you and reduce the praline to powder. Make the **Peach or Nectarine Ice Cream**. As the churned ice cream is put into plastic freezer boxes, sprinkle with the praline, stir to distribute evenly, then cover and freeze.

Bellini Sorbet

Harry&™s Bar in Venice is the home of the famous Bellini cocktail, a combination of peaches and Prosecco. If you cannot find Prosecco use a dry Cava; but stick with Prosecco if you have a strong sense of tradition and/or a good wine merchant.

	Metric	US	Imperial
Peaches, large	4	4	4
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Juice of lemon	1	1	1
Prosecco OR Cava	375 ml	1 1/2 cups	12 fl oz
Makes about	750 ml	3 cups	24 fl oz

Skin the peaches by immersing them in boiling water for up to 1 minute, then drain and cool for a short while before slipping off the skins. Cut each fruit into 6 or 8, discarding the stone. Put the fruit in a food processor or blender with the sugar syrup and blend until smooth. Position a sieve over a bowl and strain the peach puree, then stir in the strained lemon juice. Cover and chill in the fridge.

When ready stir in the chilled Prosecco or Cava then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Pear Ice Cream

You have to wait on the pears in order to make a good pear ice cream. Choose a flavourful variety, Williams, Bartlett and Comice are good because they have flavour without granulation. Get them home, and then settle down to wait &™ there is no other way. For the best-flavoured ice cream they need to be caught at their peak, that stage when they are so juicy, the cut pears slip around like small wet fishes as you try to prepare them.

NOTE: When pears are so perfectly ripe it may seem a shame to cook them, but it is necessary to make sure the pears are heated to boiling point in order to destroy the enzyme (polyphenol oxidase) which causes them to brown. Chilling (i.e. below4Â°C/39Â°F) only slows down the action of this enzyme; it does not destroy it as heat does. So the colour of the ice cream would continue to get browner, albeit very slowly, the longer the ice cream was stored.

	Metric	US	Imperial
Pears, fully ripe	450 g	1 lb	1 lb
Water	3 Tbsp	3 Tbsp	3 Tbsp
Egg yolks	3	3	3
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

Select a pan large enough to take the sliced pears in a single layer. Put the water into the pan and have this heated, ready to take the pears directly they are prepared. Peel, quarter and core each pear then slice quickly into the hot water. Transfer to the heat, cover and cook for 1-2 minutes or until the pears are piping hot throughout. Remove the pan from the heat and leave covered until cooled slightly. Transfer the contents of

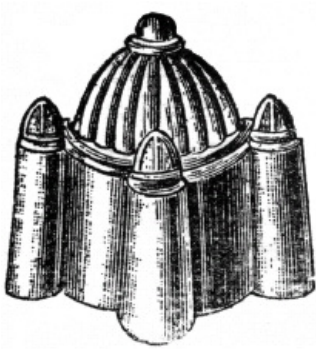
the pan to a food processor or blender and blend until smooth.

Pour the puree into a small bowl and push a piece of clingfilm down to lie directly on top of the puree. Seal the clingfilm to the edge and up the side of the bowl to cut out as much air as possible, then put in the fridge to chill.

Make according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#). However, replace the milk with the whipping cream and continue as per instructions. Once the custard has cooled, cover and chill in the fridge.

When ready, combine the chilled pear puree then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Dried Pear Ice Cream

As previously remarked in this book, pears are particularly tricky to catch at the peak of ripeness. This is an alternative. Although by no means the same as fresh pear the flavour is good, thanks to the eau-de-vie.

	Metric	US	Imperial
'No-soak' dried pears	250 g	9 oz	9 oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Water	125 ml	1/2 cup	4 fl oz
Whipping /heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Eau-de-vie de poire	3-4 Tbsp	3-4 Tbsp	3-4 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Although ostensibly soft, briefly cooking the pears helps bring out the flavour so put the pears in a small pan with the syrup and bring to the boil. Boil gently for a minute or two then remove pan from the heat, cover and leave to cool.

Transfer the contents of the pan to a processor/liquidiser. Add the additional measured water and process for 2 to 3 minutes; it takes quite a while to reduce to even a rough-textured puree, so keep going for the suggested time. Chill in the fridge.

When ready, stir in the cream and then add 3 tablespoons of the eau-de-vie and taste, add more if preferred then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Pear Sorbet

	Metric	US	Imperial
Fully ripe pears	675 g	1 1/2 lb	1 1/2 lb
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Vanilla bean	1	1	1
Water	375 ml	1 1/2 cups	12 fl oz
Juice of lemon, strained	1	1	1
Makes about	1.25 litres	5 cups	40 fl oz

Peel, core and slice pears and slip into the simmering sugar syrup to which the vanilla bean has been added. Simmer for about 5-10 minutes very gently. Liquidise briefly and allow to cool. Add the water and the strained lemon juice. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Pear Granita

Make exactly according to the instructions for making Pear Sorbet (see above) but add an additional 375 ml/1 1/2 cups/12 fl oz of water. Chill thoroughly in the fridge.

For detailed instructions on how to prepare **Granita** see [page 71](#).



Red Bell Pepper & Black Pepper Granita

This savoury granita is made with a puree of roasted red peppers, spiked with a generous amount of ground black pepper. To prepare the red peppers, grill them whole until blackened all over, then leave to cool. Work over a bowl to catch the juices while skinning and seeding them. It is fiddly but try to pick out all the seeds without resorting to rinsing the peppers and washing away some of the flavour.

	Metric	US	Imperial
Red peppers	900 g	2 lb	2 lb
Unrefined granulated sugar	65 g	1/3 cup	2 1/4 oz
Water	500 ml	2 cups	16 fl oz
Juice of lemon	1	1	1
Salt and freshly ground black pepper			
Makes about	875 ml	3 1/2 cups	30 fl oz

Prepare the peppers as described in the introduction. In a small saucepan combine the sugar and water. Bring slowly to the boil, stirring occasionally until the sugar has dissolved. Remove the pan from the heat and leave the syrup to cool. Put the skinned and seeded peppers in a food processor or blender with their juices, add the syrup and blend until smooth. Pour the puree into a bowl and mix in the strained lemon juice, salt and a fairly generous amount of freshly milled black pepper. Taste and adjust the seasoning with the lemon juice, salt and pepper if necessary; cover and chill in the fridge.

For detailed instructions on how to prepare **Granita** see [page 71](#).

Serving: A good palate cleanser to serve between courses or as a summer starter with fromage frais.

Peppermint Rock Ice Cream or Mint Candy Cane Ice Cream

The idea of this ice cream met with some resistance, but in practice the flavour is delightful. Of course it is intended mainly for children but we find “children”™ of all ages enjoy it.

	Metric	US	Imperial
One recipe Easy No-Cook Philadelphia Vanilla Ice Cream (see page 236) omitting the vanilla bean			
Peppermint rock/ mint candy cane	100 g	1/4 lb	1/4 lb
Makes about	1 litre	4 cups	32 fl oz

Make the **Easy No-Cook Philadelphia Vanilla Ice Cream** according to the recipe, omitting the vanilla bean.

When ready, either **still** or **stir freeze** ([page 80](#)). Whilst the ice cream is freezing, crush the peppermint rock/mint candy cane into pieces about the size of coarse sea salt crystals. (Don’t do this too far ahead of time or the rock/candy will quickly go sticky and weld together if left out in the humid atmosphere of the kitchen.)

As soon as the ice cream has reached the consistency of softly whipped cream, stop the machine and quickly scrape it into plastic freezer boxes scattering with some of the crushed rock/candy between each spoonful. Give the mix 2–3 stirs with a spoon to distribute the crushed rock/candy evenly throughout the mix. Then **store** ([page 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Physalis Sorbet

This fruit is also known as Cape gooseberry or Goldenberry. Previously it was sold as a small round orange fruit enclosed in a papery “lantern”™, but very recently we were surprised that a supermarket has taken to selling these fruits, minus the “lantern”™ in 225 g/8 oz packs. These fruits seem smaller than the usual whole type and they are certainly cheaper, so we used them to make a sorbet. The 225 g/8 oz quantity did not make much, but the flavour was exquisite. Definitely a sorbet for a small and select dinner party.

	Metric	US	Imperial
Physalis	225 g	8 oz	8 oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
<i>Makes about</i>	<i>400 ml</i>	<i>1 1/2 cups</i>	<i>12 fl oz</i>

Put the fruit (minus papery skins) into a sieve or colander and rinse with cold water, drain and dry on paper towels. Transfer to a food processor, with the sugar syrup and lemon juice and process in short bursts of 5 seconds about 5 times.

Strain through a fine sieve to remove the seeds; press the pulp to extract as much liquid as possible but avoid working the small seeds through the sieve, as their presence will spoil the consistency of the sorbet. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Pineapple Sorbet With Mint Paulo's Sorbet 1

These two sorbets are the result of a luncheon in Sao Paulo, Brazil with Paulo Silva, at Pasta & Vino. We work with Paulo in Brazil. He asked why, in our previous book, we ignored pineapple. The truth is we had not managed to come up with a successful marriage of pineapple and cream. The crispness and the acidity did not really work in our experiments, see chemical explanation below. Cream aside, Paulo had a discussion with the chef and within minutes we each were given a glass of pineapple juice with mint in it. It was sublime. Back in England we started testing and have come up with two different sorbets. Paulo's Sorbet 1 and Paulo's Sorbet 2. We cannot agree on which the best is so we are including them both.*

The first is made with raw pineapple, the second with grilled pineapple. They have a quite different character and flavour. The effect of grilling concentrates the flavour and takes some of the cutting edge from the acidity of the pineapple; the result is stronger.

**Consulting Harold McGee's On Food and Cooking the reason for our problems became clear. Pineapple contains protein-digesting enzymes, witness the fact that your mouth can become sore eating fresh pineapple and the fact that the juices are used as a meat tenderizer. The main enzyme, bromelain, breaks down the casein proteins present in milk products and produces bitter-tasting protein fragments.*

	Metric	US	Imperial
Pineapple	900 g	2 lb	2 lb
Sugar syrup (page 70)	500 ml	2 cups	16 fl oz
Fresh mint leaves	18	18	18
<i>Makes about</i>	<i>1.25 litres</i>	<i>5 cups</i>	<i>40 fl oz</i>

We have used a 900 g/2 lb pineapple, for larger ones adjust the sugar and mint leaves according to the instructions below.

Cut off the top and tail of the pineapple and cut off all the scales. Remove any eyes that remain. Now remove the core using an apple corer – attacking it from both the top and then the bottom. Cut into quarters then each quarter into 4. Put into a food processor with half of the sugar syrup and with the ordinary blade process until completely pulped.



Sieve to remove the fibre and push it hard through a sieve.

Return to the food processor and add the remains of the sugar syrup and the mint leaves, process again and then taste.

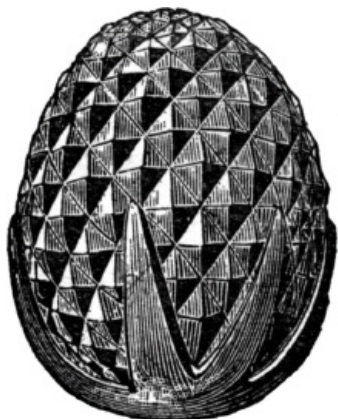
Mint varies considerably but it must taste like pineapple sorbet with mint **NOT** mint sorbet with pineapple. Go carefully with the mint.

Chill in the fridge overnight to allow the mint taste to develop.

When ready either **still freeze** ([page 80](#)) or pour the mixture into an ice cream machine and churn for about 20 minutes. If it is to be stored, quickly scrape into plastic freezer boxes, cover with waxed or greaseproof paper and a lid. Finally label and freeze. Once the ice becomes solid it will need about 15 to 20 minutes in the fridge before it is soft enough to serve

For other size pineapples we generally find that the following ratios work.

Weight of pineapple	Sugar syrup	Mint leaves
2lb/900 g	500 ml/2 cups/16 fl oz	18
3lb/1450 g	750 ml/3 cups/24 fl oz	27
4lb/1800 g	1 litre/4 cups/32 fl oz	36



Pauloâ€™s Sorbet 2

In this sorbet the pineapple is cooked under the grill and makes a stronger flavour and a darker sorbet with a quite different taste.

	Metric	US	Imperial
Pineapple	900 g	2 lb	2 lb
Unrefined caster sugar	50 g	¹ / ₄ cup	1 ³ / ₄ oz
Sugar syrup (see page 70)	375 ml	1 ¹ / ₂ cups	12 fl oz
Cold water	125 ml	¹ / ₂ cup	4 fl oz
Fresh mint leaves	18	18	18
Makes about	1.25 litres	5 cups	40 fl oz

We have used a 900 g/2 lb pineapple, for larger ones adjust the sugar and mint leaves according to the instructions below.

Cut off the top and tail of the pineapple and cut away all the skin. Remove any eyes that remain. Now remove the core using an apple corer â€œattacking itâ€™ from both the top and then the bottom.

After removing the core slice through to give 6 rings. Put the rings on a grill pan on a tray made by folding cooking foil that is the size of the 6 rings. This is to catch the juice.

Sprinkle the sugar on the pineapple rings only and grill closely under a very hot grill for 8-10 minutes until the sugar is beginning to caramelise and brown.

Transfer the pineapple and the juices to a food processor with 250 ml/1 cup/8fl oz of the sugar syrup and process until it is completely pulped.

Sieve to remove the fibre and push it hard through.

Return to the food processor and add the remains of the sugar syrup, the water and the mint leaves. Process until the mint leaves are in tiny pieces.

Chill in the fridge overnight to allow the taste to develop.

When ready, **still freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

For other size pineapples we generally we find that the following ratios work.

Weight of pineapple	2 lb	3 lb	4 lb
Unrefined caster sugar	50 g ¹ / ₄ cup 1 ³ / ₄ oz	75 g ³ / ₈ cup 2 ¹ / ₂ oz	100 g ¹ / ₂ cup 3 ¹ / ₂ oz
Sugar syrup (see page 70)	375 ml 1 ¹ / ₂ cups 12 fl oz	500 ml 2 ¹ / ₄ cups 18 fl oz	750 ml 3 cups 24 fl oz
Cold water	125 ml ¹ / ₂ cup 4 fl oz	190 ml ³ / ₄ cup 6 fl oz	250 ml 1 cup 8 fl oz
Fresh mint leaves	18	27	36

Pistachio Gelato

One of the things we most dislike about commercial ices is the lurid colour they tend to make them, especially pistachio. It is quite common to see it tinted to an almost florescent green with artificial colouring. Admittedly in reality the colour of the properly made pistachio ice cream is poor; something like pulped avocado left in the fridge overnight, a sort of insipid green/brown. When we see this ice cream in something approaching a normal colour we always try it on the grounds that it might actually be made with pistachios. Because the nut is expensive many manufacturers rely heavily on both essence, colour and pistachio paste.

We have found that if you skin the nuts you will be rewarded with a pale delicate green; if you do not skin them the gelato will be a slightly darker colour, but never the commercial lurid green colour.

When you get the nuts taste them first. If you want to increase the intensity of the flavour toast them briefly 1-2 minutes under the grill, this will increase the flavour intensity but the colour suffers.

	Metric	US	Imperial
Shelled pistachio nuts	250 g	2 cups	9 oz
Whole milk	875 ml	3 ¹ / ₂ cups	30 fl oz
Egg yolks	8	8	8
Unrefined granulated sugar	50 g	³ / ₄ cup	5 ¹ / ₄ oz
Salt	¹ / ₄ tsp	¹ / ₄ tsp	¹ / ₄ tsp
Makes about	1 litre	4 cups	32 fl oz

Put the nuts into a food processor and process until they resemble fine breadcrumbs and set aside.

Make the gelato according to the instructions for **Standard Gelato** on [page 75](#). When made and while still hot add the ground pistachio nuts and

allow to cool. Then chill in the fridge overnight.

When ready, carefully sieve the chilled mixture then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Because we have been hammered by artificial flavours you will be surprised by the delicacy of the real McCoy, so serve this gelato on its own. We usually serve 3 smallish scoops in a bowl with a shortbread biscuit or almond wafer propped up between the scoops.

NOTE: Eric b Ryan Birley who own The Franklin Soda Fountain in Philadelphia recently produced a pistachio ice cream at an ice-cream convention. This was one of the best we have ever tasted. They said that their secret was to add a generous handful of salted pistachio nuts to the mix just before freezing.



Plum Sorbet

*When the market allows, or if you plan your freezing, it makes a pretty effect and interesting eating to serve a trilogy of plum sorbets; dark purple-skinned, yellow and green. If you confine yourself to one variety the sorbet can be served with a little plum brandy or eau de vie or with **Noyau Sherbet** see [page 193](#) and **Almond Tuiles** see [page 279](#) or macaroons.*

	Metric	US	Imperial
Plums	675 g	1 1/2 lb	1 1/2 lb
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lemon juice	2 tsp	2 tsp	2 tsp
Makes about	750 ml	3 cups	24 fl oz

Rinse, then halve and stone the plums and either microwave in a covered dish with 1 Tbsp of water until tender, or cook gently, covered, in a non-reactive saucepan until tender. When cool enough, remove the skins by simply picking them out; then liquidise the flesh with the sugar syrup, and add the lemon juice to taste. Transfer to a jug, then cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Plum Granita

*Make exactly as per the recipe for **Plum Sorbet** (see above). However, when you have made the mixture add 375 ml 1 1/2 cups/12 fl oz of water. Mix well, cover and chill in the fridge.*

*For detailed instructions on how to prepare **Granita** see [page 71](#).*

Plum Blush Ice Cream

Recently it has been almost impossible to buy home-grown plums in Britain, so the dark/black-skinned imported varieties have to do. Blush is a range of California wines based on the Zinfandel grape. For a brief time the white grape juice is left in contact with the black skin of the grapes to produce a rose-coloured wine. This is light and fresh with quite a berry fruit flavour – ideal for pairing with plums whose flavour can be elusive in ice cream.

	Metric	US	Imperial
Dark-skinned plums	450 g	1 lb	1 lb
Medium dry Californian Blush wine	125 ml	1/2 cup	4 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Egg yolks	2	2	2
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Vanilla extract	1/4 tsp	1/4 tsp	1/4 tsp
Makes about	750 ml	3 cups	24 fl oz

Wash, halve, stone and cut each plum into 6 or 8. Put the fruit into a medium-sized pan, pour in the wine and bring to the boil. Lower the heat to give a gentle simmer then cover and cook gently for 10 minutes, stirring once or twice during this time. When cooked, remove the pan from the heat, cool a little then whirl to a rather coarse-textured pulp in a food processor or blender. Cover and chill in the fridge.

Using the above quantities of cream, egg yolks, sugar and vanilla extract, make according to the recipe for **Standard French Vanilla Ice Cream** [page 72](#). Once the custard has cooled, cover and chill in the fridge.

When ready, combine the chilled plum pulp and the custard and cream, and then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

NOTE: A drop of almond extract may be added.



Pomegranate Sorbet

A remarkable flavour, and if you use the pomegranates that have a positive pink or crimson flesh, rather than those which are almost white, this sorbet will be a glorious fuchsia red. Frances Bissell, a cookery writer who has a talent for marrying flavours, suggests serving a pomegranate sorbet with fresh figs. She is right; it is a very successful combination.

	Metric	US	Imperial
Pomegranates	3 large or 4 small	3 large or 4 small	3 large or 4 small
Unrefined granulated sugar	150 g	3/4 cup	5 1/4 oz
Lemon juice	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	625 ml	2 1/2 cups	20 fl oz

Halve and squeeze the juice from the pomegranates as you would a citrus fruit, using a lemon squeezer. Any debris retained in the lemon squeezer should be transferred into a plastic sieve positioned over a bowl; then, either manually squeeze the pulp or press it hard to extract the last of the juice; there should be about 500 ml/2 cups/16 fl oz. Stir the sugar and strained lemon juice into the pomegranate juice, then cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Poppy Seed Gelato

Poppy seeds have been cultivated for over 3000 years, and they are the seeds of the plant that produces opium but while opium is derived from the unripe seed capsules of the poppy, the seeds are produced when the flower has bloomed and died. One of the smallest seeds used

in cooking, there are almost one million poppy seeds to the pound (450 g). Not a lot of people knowthat.

We were surprised by the emphatic flavour of this gelato. It has a readily identifiable nutty, poppy seed flavour and does not need any additional prop (usually almond) to help it.

Serve with a plain shortbread biscuit or warm lemon sponge cake or it is good combined with apple or almond or apricot ices.

	Metric	US	Imperial
Black poppy seeds	4 Tbsp	4 Tbsp	4 Tbsp
Whole milk	1 litre	4 cups	32 fl oz
Cornflour	2 Tbsp	2 Tbsp	2 Tbsp
Unrefined granulated sugar	200 g	1 cup	7 1/2 oz
Makes about	1.1 litres	4 1/2 cups	36 fl oz

Blend the cornflour/cornstarch and sugar with a little of the measured milk. Bring the rest of the milk and poppy seeds to the boil. Pour onto the cornflour/cornstarch blend and return to the pan. Bring back to the boil and simmer for 2-3 minutes.

Allow to chill for at least 12 hours or overnight to let the flavour develop.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Prune & Earl Grey Tea Sorbet

Prunes and tea are a wonderful combination, not unknown. The trouble is it sounds a trifle geriatric and so might put people off. Perhaps we can sell it to you on the back of the health benefits.

	Metric	US	Imperial
Earl Grey teabags*	3	3	3
Sugar syrup (see page 70)	500 ml	2 cups	6 fl oz
Prune juice**	500 ml	2 cups	16 fl oz
Lemon juice to taste	1/2 lemon	1/2 lemon	1/2 lemon
Makes about	1 litre	4 cups	32 fl oz

In a measuring jug put the teabags and the sugar syrup, stir well and then leave in the refrigerator for at least 12 hours. This slow, steady-but-sure method extracts the flavour without the tannin or scum that occurs when pouring boiling water over tea. Stir occasionally.

Remove and discard the teabags then add the prune juice. Add the lemon juice to taste. You can add more teabags if you like the stronger tea flavour but we think that three is about right.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

*We use Twinings Earl Grey teabags.

**We use Sunsweet California 100% Prune Juice without added sugar.



Prune & Earl Grey Tea Granita

To make a granita take a quantity of the sorbet mixture ([page 210](#)) before freezing and add an equal quantity of cold water. Follow the detailed instructions on how to prepare a **Granita** [page 71](#).

Spiced Pumpkin Ice Cream

If you like pumpkin pie you will like this ice cream. Don't worry about the type of pumpkin to use. Whatever the colour or shape of pumpkins, they all seem to taste the same, though be prepared for wastage. Cut a generous-sized wedge (about 700-900 g/1 ½ to 2 lbs). Scrape away all the seeds and woolly strands, slice into smaller wedges then into good-sized chunks, removing the rind as you go. Preferred method of cooking is steaming over simmering water until tender then leave to cool a little before pureeing in a food processor or blender. The flavour is preferable to that of canned pumpkin.

	Metric	US	Imperial
Whole milk	375 ml	1 ½ cups	12 fl oz
Light brown soft sugar	200 g	1 cup	7 oz
Egg yolks	3	3	3
Vanilla extract	½ tsp	½ tsp	½ tsp
Ground cloves	pinch	pinch	pinch
Ground ginger	½ tsp	½ tsp	½ tsp
Ground cinnamon	¼ tsp	¼ tsp	¼ tsp
Ground pepper	⅛ tsp	⅛ tsp	⅛ tsp
Pumpkin puree	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat)	185 ml	¾ cup	6 fl oz
Brandy	2 tsp	2 tsp	2 tsp
Makes about	1 litre	4 cups	32 fl oz

Using the above quantities of milk, sugar and egg yolks prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** [page 72](#), whisking the vanilla extract and the spices into the yolks and sugar before adding the hot milk.

Once the cooked custard has cooled in a cold water bath, beat in the cold pumpkin puree and cream. Taste and add the brandy and more spice if preferred then cover and chill in the fridge.

When ready, add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Punch Romaine

Punch (see *Glossary* [page 298](#)), became the classic palate cleanser served between courses in late Georgian, Victorian and Edwardian times. It was even printed in advance on menus that were otherwise handwritten.

Punch Water Ice first appears in Frederick Nutt (1809) as a water ice and it contains oranges, lemons, sugar and rum.

However, regarding Ponche À la Romaine, Roman Punch, according to William Jarrin in *The Italian Confectioner*, 1820:-

“This receipt has long been a desideratum of the amateur, but since its invention it has been in few hands only. From Rome it was brought to Paris, and from Paris to London and was known to a few private confectioners only. M. Molas, who was in the service of the Empress Josephine, wife of Napoleon; and who, after the death of his mistress, went into the service of Prince Lieven, Ambassador of Russia in London, brought with him the receipt, and was the first to introduce it. From him the Author (Jarrin) obtained this receipt.”

Jarrin's recipe included egg whites, rum, brandy and maraschino.

This recipe below was the one used at The Hinds Head in Bray for the Mrs Marshall Luncheon in 2005 to commemorate her 150th birthday and the centenary of her death. After many experiments with various recipes by Heston Blumenthal, he liked this recipe the best. At the luncheon the punch was partially frozen at the table using liquid nitrogen.

	Metric	US	Imperial
Water	300 ml	1 ¼ cups	10 fl oz
Unrefined granulated sugar	100 g	½ cup	3 ½ oz
Zest of lemons	2	2	2
Juice of lemons	3	3	3
Rum	3 ½ Tbsp	3 ½ Tbsp	3 ½ Tbsp
Makes about	450 ml	1 ¼ cups	15 fl oz

Boil the water and add the sugar, stir until dissolved. Add the remaining ingredients and allow to infuse while cooling.

When cool (allow at least 1 hour) strain to remove the zest. Chill in the refrigerator.

Still freeze ([page 80](#)) or churn in an ice-cream machine until partially frozen.

A punch should be a slushy consistency with some solid ice particles but still pourable.

Serve in a glass with a small spoon. Saucer champagne glasses are ideal as are antique jelly glasses or custard cups.

Ponche À la Regence Regency Punch

Another punch from Jarrin. Punch was brought into fashion by The Prince of Wales, later King George IV. “He was excessively fond of this beverage, and it was served after Turtle soup.”™

This consisted of vanilla, cinnamon and cloves, two citrons and two bitter oranges, the juice of 12 lemons, rum and brandy “according to taste and strength you wish it to be. Pass the whole through a fine sieve or a napkin.”™



Quince Sorbet

In his excellent book *Cultivated Fruits of Britain: Their Origins and History*, Frederick Roach writes that quinces were extensively cultivated in Britain during the sixteenth to eighteenth centuries when this wonderful fruit was fully appreciated, “No other fruit having so many uses both for meat dishes and sweet courses.”™ He observes that “the decline of the quince seems to have coincided with the increase in cultivation of soft fruits, particularly the strawberry.”™ Well, now the strawberry is ubiquitous and quinces are hard to find. Occasionally American or Cypriot imports appear in British shops but these are a pale shadow of the British quince varieties. If necessary, beg, borrow or steal your neighbour’s quinces in order to get the exquisite aroma and remarkable taste that is unlike any other fruit. Serve the sorbet with pear and apple ice cream or sorbets.

NOTE: To store quinces in the freezer: peel, quarter and remove the core, then blanch for 2 minutes in boiling water, allow to cool and dry on a wire rack, then freeze in tightly sealed plastic bags. These can be stored for up to 1 year in the freezer.

	Metric	US	Imperial
Quinces (6–8 small)	450 g	1 lb	1 lb
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Lemon juice	4 ½ Tbsp	4 ½ Tbsp	4 ½ Tbsp
Makes about	750 ml	3 cups	24 fl oz

Peel, quarter and core the quinces. Do not worry if they are discoloured or an uneven colour, this is normal. Put them in a non-reactive saucepan with the sugar syrup, cover with a lid, heat to boiling point, then simmer gently for about 15 minutes or until tender.

Liquidise to a smooth pulp then rub through a fine sieve to remove some of the coarse granular texture of the quince which would otherwise coarsen the texture of the sorbet.

Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow up to 60 minutes in the fridge to soften sufficiently for serving. This is because quinces contain a high proportion of pectin, a setting agent so important in jam making.

Raspberry Ice Cream

This is one of the very fewices where we suggest adding gelatine. This is because there is a large amount of water in raspberries and gelatine improves the texture of the finished ice cream.

	Metric	US	Imperial
Raspberries	450 g	1 lb (3 cups)	1 lb
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Gelatine powder	2 tsp	2 tsp	2 tsp
Hot water	65 ml	1/4 cup	2 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Framboise* (optional)	2 Tbsp	2 Tbsp	2 Tbsp
Whipping/heavy cream (36% fat)	375 ml	1 1/2 cups	12 fl oz
<i>Makes about</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

*Raspberry-flavoured liqueur.

Liquidise the raspberries with the sugar and strain through a nylon sieve to remove the pips (you can leave them in if you like the texture that the pips give the finished ice cream). Dissolve the gelatine in the hot water and add to the puree with the lemon juice and fram-boise, if used. The framboise is optional but sometimes helps the flavour of the raspberries. Chill in the fridge.

When ready, combine the chilled puree with the cream and then either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Raspberry Sorbet

This can be made with either fresh or frozen raspberries so keep some handy in the freezer in the winter.

	Metric	US	Imperial
Raspberries	450 g	1 lb (3 cups)	1 lb
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Juice of lemons, strained	2	2	2
<i>Makes about</i>	<i>850 ml</i>	<i>3 1/2 cups</i>	<i>28 fl oz</i>

Pick over the raspberries, carefully discarding any suspect fruit. Transfer the berries to a food processor or blender, pour in the measured syrup and blend to a uniform pulp. Have ready a plastic sieve positioned over a bowl. Strain the pulp, rubbing the residue through until all that remains are the seeds. Add the strained lemon juice, stir, cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Raspberry Spoom

This spoom can be made with either fresh or frozen raspberries, making it a wonderful stand-by dessert for the winter.

	Metric	US	Imperial
Raspberries (fresh)	250 g	2 cups	8 ¾ oz
or frozen	250 g	8 ¾ oz	8 ¾ oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lemon juice	1-2 Tbsp	1-2 Tbsp	1-2 Tbsp
Egg whites, pasteurised (see page 59)	2	2	2
Unrefined granulated sugar	70 g	⅔ cup	2 ¾ oz
Makes about	875 ml	3 ½ cups	28 fl oz

Liquidise the raspberries in a food processor or a liquidiser with the sugar syrup and sieve through a medium sieve. We prefer our raspberries un-sieved. Add lemon juice to taste. Chill in the fridge.

In a large grease-free bowl beat the egg whites with a hand-held beater until they form soft peaks, and then gradually add the sugar until it is absorbed and the egg whites are in fairly stiff peaks. They need to be stiff enough to incorporate the puree but not so stiff that you cannot fold in the puree.

Fold into the chilled puree making sure that the puree is completely mixed with the egg whites, then transfer to a plastic freezer box and cover with a piece of grease-proof paper or freezer film and a lid. Finally label, and then freeze. Eat after about 2 hours, or if frozen solid, allow about 10-20 minutes in the fridge to soften sufficiently to serve.

Raspberry & Cider Vinegar Granita

This recipe grew out of default. The original intention was to make a raspberry vinegar sorbet, but the bought varieties of raspberry vinegar varied between questionable and plain bad so the idea evolved that we should try fresh raspberries with a good cider vinegar added. The flavour was so fresh and delightful it seemed to be better suited to a granita rather than a sorbet. Use a good, straightforward cider vinegar – nothing fermented in oak vats because the flavour is old, rather than fresh and apple-y. The brand we used called itself Normandy Apple Cider Vinegar. Or you could use rice vinegar (Chinese or Japanese) or verjus (French or Australian). A very pretty, very refreshing granita that carries a latent kick.

	Metric	US	Imperial
Fresh raspberries	250 g	9 oz	9 oz
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Cider vinegar	4-5 Tbsp	4-5 Tbsp	4-5 Tbsp
Water	250 ml	1 cup	8 fl oz
<i>Makes about</i>	<i>825 ml</i>	<i>3 1/2 cups</i>	<i>28 fl oz</i>

Put the raspberries in a colander and sit them in a large bowl of cold water. Lift the sieve quickly in and out of the water about 6 times to rinse the fruit thoroughly without bruising the berries. Drain and turn out onto a double thickness of kitchen paper then tilt and roll the berries around. Transfer to a liquidiser or blender and add the sugar syrup. Blend for about 10 seconds then rub the puree through a fine sieve into a bowl. Add the cider vinegar and water. Stir and make according to the recipe for **Granita** ([page 71](#)).

Redcurrant Granita

There is something altogether clear and crystalline about the colour and taste of redcurrants, and so it is apt that they make a more satisfactory granita than ice cream or sorbet. Serve just on its own in a tall glass or in a shallow bowl. If you prefer, spoon over a little vodka or gin just before serving.

	Metric	US	Imperial
Redcurrants	450 g	1 lb	1 lb
Water	375 ml	1 1/2 cups	12 fl oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lemon juice, strained	1 Tbsp	1 Tbsp	1 Tbsp
<i>Makes about</i>	<i>750 ml</i>	<i>3 cups</i>	<i>24 fl oz</i>

Working over a colander or sieve strip the redcurrants from the stalks using the prongs of a fork, discarding all damaged or small, under-ripe berries. Rinse with cold water, drain and tip the redcurrants into a saucepan. Pour in the 375 ml/1 1/2 cups/12 fl oz of water, and simmer gently, uncovered, until the berries have burst.

Process briefly in a food processor or blender then rub through a plastic sieve to remove the pips. Stir the sugar syrup and strained lemon juice into the puree, cover and transfer to the fridge to chill.

For detailed instructions on how to prepare **Granita** see [page 71](#).

RHUBARB

We once had a memorable dessert at Auberge de L'Â€™ill, at Illhaeusern that consisted of eight different miniature rhubarb desserts on a plate. A brilliant idea for this humble and often forgotten fruit. Among the eight were both a rhubarb sorbet and a rhubarb ice cream.

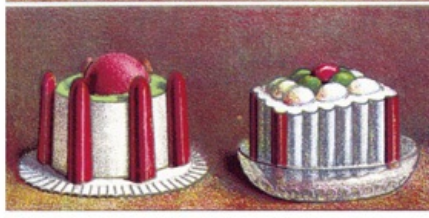
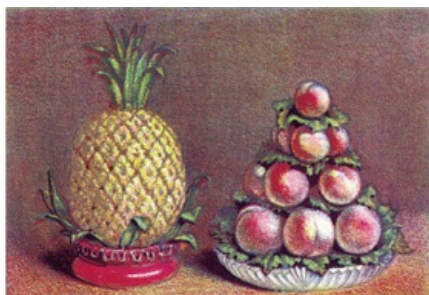
Vanilla Ice Cream Marbled with Champagne Rhubarb

Choose young pink/red stems, not too thin but no more than thumb-thick; never green. Marbling the ice cream with rhubarb has the effect of being able to taste the two flavours clearly at the same time.

	Metric	US	Imperial
One recipe Standard French Vanilla Ice Cream (see page 70)			
Prepared rhubarb	225 g	8 oz	8 oz
Water	1 Tbsp	1 Tbsp	1 Tbsp
Unrefined granulated sugar	2 Tbsp	2 Tbsp	2 Tbsp
<i>Makes about</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

Cut the rhubarb into 2 cm/3/4 inch lengths and put them in a small saucepan with the water. Bring to a simmer, cover and cook gently, stirring occasionally until the rhubarb is tender. Remove the pan from the heat and stir in the sugar. Process only briefly in a food processor or blender; it is better if the rhubarb keeps some texture. Transfer to a bowl, cover and chill. Make the **Standard French Vanilla Ice Cream** (see [page 72](#)), **still freezing or churning** (see [page 80](#)) until it is the consistency of softly whipped cream.

Put alternate spoonfuls of ice cream and rhubarb pulp in a plastic freezer box then fold the two mixtures together briefly so that clear seams of rhubarb pulp are still discernible throughout the vanilla ice cream. Smooth the surface and then **store** ([page 81](#)).



Rhubarb Sorbet

	Metric	US	Imperial
Prepared rhubarb	500 g	1 lb 2 oz	1 lb 2 oz
Water	4 Tbsp	4 Tbsp	4 Tbsp
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Juice of lemons	2	2	2
<i>Makes about</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

Cut the rhubarb into 2 cm/ $\frac{3}{4}$ inch lengths and put them in a small saucepan with the water. Bring to a simmer, cover and cook gently, stirring occasionally, until the rhubarb is tender. Leave to cool before transferring to a food processor or blender. Pour in the sugar syrup and blend until smooth. Sieve the puree into a bowl and add the lemon juice. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve with a little ginger wine drizzled over.

Rice Ice Cream

Mrs Marshall in her Book of Ices (1885) features a rice ice cream which contains bay leaves, cinnamon and lemon peel. In her book Fancy Ices (1894) flavourings for a rice ice cream become even more complicated with a recipe for Sicilian ice cream containing coriander, cinnamon, white rum, rosewater, citron peel, shredded ginger and dried cherries.

Needless to say with all these additions the delicate flavour of the rice is lost, which is a great shame. In Italy, one of the countries where this ice cream is still regularly made, it occasionally has such additions as candied cherries and oranges, toasted almonds and rum, which you can add if you see fit. But you will also get rice ice cream served to you, unadorned save for a flavouring of vanilla and perhaps a chilled fruit sauce. This is to eat it at its best and enjoy the ice cream for what it is.

The first rice ice cream we have found dates from Emy in 1768, and they are still popular in Italy.

	Metric	US	Imperial
Pudding (short grain) rice	110 g	$\frac{1}{2}$ cup	3 $\frac{3}{4}$ oz
Milk	500 ml	2 cups	16 fl oz
Vanilla sugar (see page 61)	170 g	1 cup minus 2 Tbsp	6 oz
Whipping/heavy cream (36% fat), chilled	500 ml	2 cups	16 fl oz
<i>Makes about</i>	<i>1.25 litres</i>	<i>5 cups</i>	<i>40 fl oz</i>

Rinse the rice, drain and put in the top half of a double saucepan with the milk and the vanilla sugar. Bring to the boil, over direct heat, stirring constantly. Transfer to sit over the base pan of simmering water, cover and continue to cook for a further 40 minutes or until the rice is perfectly tender.

Remove the top half of the pan from the heat and leave to cool, still covered, until the rice mixture reaches room temperature, then transfer to the fridge to chill.

When ready, stir the chilled cream into the rice then either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

NOTE Because of the high starch content of this ice cream you must allow it about 1 hour in the fridge to soften sufficiently to serve. Do not try to thaw it at room temperature; the outside will melt while the centre remains rock solid.

Rice Ice Cream with Rum-Soaked Fruits

If you want to serve a plain rice ice cream, for the best flavour we recommend cooking the rice as outlined in the recipe above. But if you add crystallised fruits, nuts and rum the emphasis in flavour switches to these, so a can or carton of creamed rice pudding can be substituted very successfully. The flavour of the candied fruits will now come to the fore so, if possible, try to buy the caps of orange, lemon and citron, rather than the brands of ready chopped mixed peel.

	Metric	US	Imperial
Mixed crystallised cherries, orange, lemon and citron, finely diced	90 g	1/4 cup	3 1/4 oz
Dark rum	85 ml	1/3 cup	3 fl oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Vanilla sugar (see page 61)	100 g	1/2 cup	3 1/2 oz
Toasted almonds, chopped	40 g	1/4 cup	1 1/2 oz
One can/carton creamed rice pudding	435 g	15 oz	15 oz
Makes about	1 litre	4 cups	32 fl oz

Put the finely diced crystallised fruits into a small saucepan with the rum and bring to simmering point. Cover and continue to simmer gently for 3-4 minutes or until the peel is perfectly tender and only about 1 tablespoon of liquid remains. Leave to cool, covered. Combine with remaining ingredients, stir well, cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Roasted Rice Gelato

Make no mistake this recipe is a really worthwhile fiddle because the flavour of roasted rice is absolutely wonderful.

	Metric	US	Imperial
Basmati rice	110 g	1/2 cup	4 oz
Whole milk	500 ml	2 cups	16 fl oz
Unrefined granulated sugar	225 g	1 cup minus 1 Tbsp	8 oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	6 fl oz
Makes about	1 litre	4 cups	32 fl oz

Soak the rice for 5 minutes in cold water. Drain and spread on a foil-lined baking tray. Bake for 30 minutes in a preheated oven 350°F/180°C/Gas Mark 4, until the rice is pale brown.

Put the roasted rice in the top half of a double boiler with the milk and the sugar. Bring the rice and milk to the boil over direct heat and then cook for at least 40 minutes in the double boiler until the rice is tender.

When tender put the mixture directly into a food processor and process until the rice is as smooth as possible. Allow to cool and refrigerate overnight.

When ready, add the cream and then either **still** or **stir freeze** and **store** ([pages 80 to 81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Ricotta Ice Cream

We had reservations about basing an ice cream on so delicate a flavour as ricotta, but were surprised how successful it proved to be. Both the flavour and the texture are clearly ricotta.

	Metric	US	Imperial
Whole milk	400 ml	1 1/2 cups	12 fl oz
Unrefined granulated sugar	220 g	1 cup + 1 Tbsp	7 3/4 oz
Egg yolks	3	3	3
Ricotta	250 g	2 1/4 cups	8 3/4 oz
Whipping/heavy cream (36% fat), chilled	150 ml	2/3 cup	5 fl oz
Dark rum (optional)	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	900 ml	3 3/4 cups	30 fl oz

Using the above quantities of milk, sugar and egg yolks, prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)), omitting the vanilla bean. While the custard is hot gradually beat in pieces of the crumbled ricotta and continue to beat vigorously until the custard is almost smooth. (Do not worry if a few small lumps remain, these will be broken down in the churning process.) To cool the custard quickly the pan can now be put into a cold water bath. When cold, remove, cover and chill in the fridge.

When ready, stir the chilled cream and rum into the custard then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serving: Could be served on a plate flooded with a delicate coffee sauce. See **Strong Coffee Syrup** ([page 275](#)). Stir about 1 tsp of the syrup into about 250 ml/ 8 fl oz of pouring cream.

Rose Petal Ice Cream

For this recipe you will need a highly scented rose. It used to be the case that most new hybrid roses looked wonderful but had little or no scent. However, growers now recognise the public demand for both beauty and fragrance and there is now no shortage of wonderfully fragrant varieties available.

NOTE: Please make sure you use untreated roses, i.e. unsprayed with insecticides.

	Metric	US	Imperial
Rose heads	3	3	3
Whole milk	125 ml	1/2 cup	4 fl oz
Whipping/heavy cream (36% fat)	375 ml	1 1/2 cups	12 fl oz
Egg yolks	2	2	2
Vanilla sugar (see page 61)	100 g	1/2 cup	3 1/2 oz
Makes about	500 ml	2 cups	16 fl oz

Pull the petals from the 3 roses and check carefully for signs of wildlife; there is often a surprising amount. In a saucepan combine the petals, milk and cream and stirring, bring to just below boiling point. Remove the pan from the heat, cover and leave to infuse. Taste after 10 minutes to see if the flavour is strong enough (how long it will take varies considerably according to the type of rose), then strain to remove the petals.

Using the egg yolks, vanilla sugar, flavoured milk and cream make according to the recipe for **Standard French Vanilla Ice Cream** ([page 72](#)). Once the custard has cooled, cover and chill in the fridge.

When ready, add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve alone scattered with fresh or crystallised rose petals or with perfectly ripe strawberries.

NOTE: Additional torn rose petals can be added to the ice cream at the last stage of churning. We insist (!) that this ice cream must be served fresh, particularly if fresh rose petals are added at the end of the recipe.

Rosewater Sorbet

Rosewater, a distillation of red rose petals, has the intense perfumed flavour of its source. It delivers into your mouth the glory of an old-fashioned rose garden in full bloom, but at the same time has a surprising spicy, smoky quality, which is why rose petals are often married with blends of China tea.

Be sure to buy triple distilled rosewater (see Useful Addresses [page 324](#)) or be very disappointed.

	Metric	US	Imperial
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Water	375 ml	1 1/2 cups	12 fl oz
Rosewater	2 Tbsp	2 Tbsp	2 Tbsp
Juice of lemon, strained	1	1	1
Makes about	750 ml	3 cups	24 fl oz

In a large measuring jug combine the sugar syrup, water, rosewater and the lemon juice. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

SAÂ€™ALAB

Throughout the Middle East a traditional ice cream is made of milk, sugar, and some flavouring, but in particular contains the ground root of an orchid – Orchis mascula (LINN). It is this ingredient, called saâ€™alab, which gives the ice cream its name. However, this can be confusing because regional variation and difficulties in translation give rise to quite a number of similar words meaning the same thing e.g. salap, salab, salepi etc.

But the ice cream itself is quite distinctive, having an intense whiteness, a peculiar chewy elasticity and a faintly metallic flavour; all due to the saâ€™alab. Intrigued by this ice cream, we got more than a little confused when our researches turned up far more permutations on the quantity of saâ€™alab than it had names. Margaret Shaida, author of The Legendary Cuisine of Persia and an expert on Middle Eastern foods came to our rescue with advice and information that enabled us to start sorting out the anomalies.

Do not attempt to substitute cornflour for saâ€™alab. It makes a very different type of ice cream. While saâ€™alab is undeniably a difficult ingredient to find, a few Middle Eastern delicatessens do sell it in the form of a white powder (see Useful Addresses [page 324](#)). The search is worthwhile for the unusual dimension saâ€™alab gives to the Western idea of ice cream.

Rosewater Saâ€™alab

	Metric	US	Imperial
Whole milk	250 ml	1 cup	8 fl oz
Unrefined granulated sugar	125 g	1/2 cup + 2 Tbsp	4 1/2 oz
Sa'alab (see intro)	1 tsp	1 tsp	1 tsp
Rosewater	1 tsp	1 tsp	1 tsp
Makes about	300 ml	1 1/4 cups	10 1/2 fl oz

Put the milk and sugar and saâ€™alab into a food processor or blender, and blend in short bursts until the sugar has dissolved. Add the rosewater, 1 tsp or to taste. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow about 10 minutes in the fridge to soften sufficiently for serving.

VARIATIONS: Saâ€™alab can be made plain (that is omitting the rosewater) in which case it is usually served sprinkled with grated bitter chocolate or with chips of frozen clotted cream.

A saffron saâ€™alab can be made by substituting a pinch of saffron strands for the rosewater. Soak the saffron in the milk for 30 minutes before starting the recipe.

Saffron Ice Cream

Quite a straightforward ice cream to make but be careful, the saffron flavour is a little tricky to get right. Very little saffron goes a very long way, so a correspondingly minute excess can give a flavour that is downright nasty in a medicinal way. It must also be said that the quality of saffron varies, whether it be in the form of fine red strands (properly the dried stigmas of Crocus sativus) or powder. Since the strands are more readily available, more reliable and slightly cheaper, we normally use these, and for consistency stick to a good quality saffron from around Valencia in Spain. But hair-like strands of saffron are impossible to measure accurately so our advice is to take a modest pinch and proceed with the recipe. Should you think that the flavour is not strong enough, rather than adding more saffron, leave the custard overnight before churning. This will allow the flavour to develop to its maximum.

If you have overdone it in a big way, make up a second batch of unflavoured custard and add it to the first, then churn.

	Metric	US	Imperial
One recipe Rich French Vanilla Ice Cream (see page 72), omitting the vanilla bean and substituting a pinch of saffron strands			
Makes about	800 ml	3 1/4 cups	26 fl oz

Make according to the recipe for **Rich French Vanilla Ice Cream** up to the stage where the thickened custard is removed from the heat. At this point add the saffron strands and leave aside to cool. Once the custard has cooled, cover and chill in the fridge.

When ready, add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes

in the fridge to soften sufficiently for serving.

Serve in a glass with small scoops of **Honey Ice Cream** (see [page 170](#)) and **Apricot Sorbet** (see [page 92](#)) so that all the flavours mingle.



Sgroppino

A Venetian invention that is a cross between a dessert and a digestive. We were introduced to this recipe by Andreas Riva of Riva restaurant in Barnes, London.

It seems almost every Venetian has his own recipe for sgroppino and its true origin is surrounded by unsubstantiated myths.

	Metric	US	Imperial
Lemon sorbet (see page 180)	500 ml	2 cups	16 fl oz
Prosecco	80 ml	1/3 cup	3 fl oz
Vodka (optional)	2 Tbsp	2 Tbsp	2 Tbsp
<i>Makes about 4 servings</i>			

Put all the ingredients in a blender and blend briefly “until all the ingredients are just mixed. Serve immediately in a chilled tall slim glass or a champagne flute. Garnish with lemon peel or possibly mint. Serve the glass on a plate with a spoon.

Some people add cream, some people add lemoncello; we prefer it with the vodka as above.

Sour Cream Ice Cream

A slightly sour flavoured ice cream that is utterly delicious.

	Metric	US	Imperial
Whole milk	250 ml	1 cup	8 fl oz
Vanilla sugar (see page 61)	125 g	1/2 cup + 2 Tbsp	4 1/2 oz
Whole eggs	2	2	2
Sour cream	375 ml	1 1/2 cups	12 fl oz
<i>Makes about</i>	<i>750 ml</i>	<i>3 cups</i>	<i>24 fl oz</i>

Using the above quantities of milk, sugar, and eggs prepare and cook a custard according to the method for making **Standard French Vanilla Ice Cream** see [page 72](#).

When ready, add the sour cream and either **still** or **stir freeze** then **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Sour Cream Ice Cream with Peanut Brittle

The very slightly sour flavour of the ice cream counterbalances nicely the additional sweetness of the brittle, giving a taste that will seduce even those who hate peanuts.

	Metric	US	Imperial
One recipe Sour Cream Ice Cream (see page 223)			
One recipe Peanut Brittle (see page 285)			
Makes scant	1 litre	4 cups	32 fl oz

While the ice cream is freezing crush the peanut brittle until the pieces are approximately the size of sugar crystals. Then, either sprinkle the brittle into the ice cream as it churns allowing 2 or 3 more revolutions before switching off the machine, or fold into the still-frozen ice cream. Then **store** ([page 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Sour Cream Ice Cream with Russian Toffee

A delicious combination. So much better than anything you can buy, it beggars belief.

	Metric	US	Imperial
One recipe Sour Cream Ice Cream (see page 223)			
One recipe Russian Toffee (see page 273)			
Makes scant	1 litre	4 cups	32 fl oz

Put alternative spoonfuls of the sour cream ice cream and the Russian toffee in a plastic freezer box then fold the two mixtures together briefly so that clear seams of Russian toffee are still discernible throughout the sour cream ice cream. Smooth the surface and then **store** [page 81](#).

Soya Milk Gelato

We have tried many types of non-lactic milk and the only one we can find that makes an acceptable gelato is soya milk. We chose Alpro which contains 2.2% fat and 2.6% carbohydrate.

For people who are lactose intolerant we suggest this as an alternative to ices based on ordinary milk. Furthermore this recipe can be used as a basis for any flavoured gelato.

	Metric	US	Imperial
Unrefined granulated sugar	190 g	1 cup	6 ¾ oz
Cornflour/ cornstarch	2 Tbsp	2 Tbsp	2 Tbsp
Unsweetened soya milk	1 litre	4 cups	32 fl oz
Vanilla extract	1-2 tsp	1-2 tsp	1-2 tsp
Makes about	1.25 litres	5 cups	40 fl oz

Shake the soya milk very well before opening the carton.

In a small pan mix the sugar and cornstarch evenly. Then add about 125 ml/ ½ cup/ 4 fl oz of the milk and make sure that it is mixed completely before adding the remainder of the milk.

Heat to boiling point while stirring, and then boil gently for up to 2-3 minutes until thickened. Cool, and then chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Frozen Stilton Cheese Cream

Stilton cheese seems unlikely to serve as an ice but once they have tasted it, cheese-lovers become addicts to this Victorian delicacy.

	Metric	US	Imperial
Whole milk	625 ml	2 ½ cups	20 fl oz
Clove	1	1	1
Stilton cheese	275 g	9 oz	9 oz
White port	4 Tbsp	4 Tbsp	4 Tbsp
Fromage frais/ fromage blanc (8% fat)	500 g	2 cups	18 oz
Makes about	1.3 litres	5 ¼ cups	42 fl oz

Slowly bring the milk and clove to boiling point. Meanwhile discard the rind from the cheese and chop the rest into roughly 1 cm/ ½ inch cubes. Add to the milk and stir over a gentle heat until completely melted. Remove the pan from the heat, and beat the mixture vigorously for about 30 seconds before adding the port. Then taste and, if necessary, add salt and a little freshly ground black pepper. Cool then chill in the fridge.

When ready remove the clove, gently beat the fromage frais into the cheese mixture, then either **still** or **stir freeze** and **store** ([pages 80 to 81](#)).

NOTE: It will probably be necessary to churn this quantity in two separate batches.

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve cut into slices as a starter with celery seed biscuits or after a meal with port.

Strawberry Gelato

Even indifferent strawberries will give a home-made ice cream a flavour that will knock your socks off. The colour will be a true, gentle strawberry colour, not the vibrant colour of commercial gelatos and ice creams.

	Metric	US	Imperial
Strawberries	500 g	18 oz	18 oz
Unrefined granulated sugar	165 g	¾ cup + 1 Tbsp	5 ¾ oz
Egg yolks	8	8	8
Whole milk	750 ml	3 cups	24 fl oz
Makes about	1.1 litres	4 ½ cups	36 fl oz

Hull, then rinse the strawberries and dry on several thicknesses of kitchen paper. Liquidise the berries in a food processor. Pour into a bowl, cover and set aside in the fridge.

Using the above ingredients, make and chill the gelato according to the instructions for **Standard Italian Gelato** [page 75](#).

When ready, either **still** or **stir freeze** and **store** ([page 80](#) to 81). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

	Metric	US	Imperial
Strawberries	500 g	18 oz	18 oz
Unrefined granulated sugar	165 g	¾ cup + 1 Tbsp	5 ¾ oz
Egg yolks	8	8	8
Whole milk	750 ml	3 cups	24 fl oz
Makes about	1.1 litres	4 ½ cups	36 fl oz

Strawberry Cream Ice Crème de Fraises

Mrs Marshall in her Book of Ices (1885) has this ice which is about as near as you are likely to get today to an original 19th century ice cream. In those days all ices were made to be eaten at once or within a couple of hours, as freezers were unknown for longer-term storage. We find that this one is usually eaten before you can begin to think of storage. It will store, but is at its best when freshly made.

	Metric	US	Imperial
Fresh strawberries, fully ripe	450 g	1 lb	1 lb
Vanilla sugar (see page 61)	100 g	½ cup	3 ½ oz
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

Hull the strawberries then rinse with cold water and dry in a towel or on kitchen paper. Transfer the berries to a food processor or blender and add the sugar. Process until reduced to an almost smooth pulp. In a separate bowl beat the cream until it forms soft peaks. Fold in the sweetened strawberry pulp then pour into a large plastic freezer box approx 15 x 10 x 7.5 cm/6 x 4 x 3 inches, then cover with a lid and put into the coldest part of the freezer (at the bottom or in the lower half directly over the freezer coils) for 60-90 minutes, or until the ice cream has started to freeze in a band around the edge. Use a fork to loosen and vigorously mash the frozen ice cream into the softened mixture in the centre. When the mixture is uniform re-cover and return the ice cream to the freezer for a further hour or until softly frozen throughout. At this stage the ice cream can either be beaten again with a fork or whisked using an electric hand beater, or transferred to a food processor or blender. Beat until the ice cream has a uniform creamy consistency. Then re-cover once more and return to the freezer just until it is firm enough to serve; about 30 minutes.



Strawberry Sorbet

A better flavoured sorbet will result from a fully ripened, well flavoured strawberry, so resist imported varieties and use frozen ones when home-grown are out of season. However, the flavour and colour of the sorbet made with frozen berries will be marginally less intense than the fresh. Keen gardeners might like to plan well ahead for a good sorbet and plant varieties such as Royal Sovereign, Aromel and Cambridge Vigour for flavour.

	Metric	US	Imperial
Fresh strawberries	450 g	1 lb	1 lb
Sugar syrup (see page 70)	375 ml	1 1/2 cups	12 fl oz
Juice of lemons, strained	2	2	2
Makes about	1.1 litres	4 1/2 cups	36 fl oz

If a seedless sorbet is preferred blend the berries in a machine with a little of the sugar syrup until smooth, then sieve.

We prefer to leave the seeds in as it improves the appearance and texture of the sorbet, but it is a matter of personal preference.

Blend in the rest of the sugar syrup and add the strained juice of the lemons. Stir thoroughly and taste; the mixture should not be too sweet. Chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([page 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Strawberry Spoom

Strawberry spoom is a quick and easy dessert to make when the strawberry season is at its height and a welcome change from strawberries and cream.

	Metric	US	Imperial
Strawberries	225 g	8 oz	8 oz
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Lemon juice	1–2 Tbsp	1–2 Tbsp	1–2 Tbsp
Pasteurised egg whites (see page 59)	2	2	2
Unrefined granulated sugar	70 g	1/3 cup	2 1/2 oz
Makes about	1 litre	4 cups	32 fl oz

Wash, hull and dry the strawberries, liquidise them with the sugar syrup, then strain through a fine nylon sieve to remove any large pips. Add 1 Tbsp of lemon juice, taste and add more lemon, 1/2 tsp at a time, until the puree is just sweet. Cover and chill thoroughly in the fridge.

In a large grease-free bowl beat the egg whites with a hand-held whisk until they form soft peaks, and then gradually add the sugar until it is absorbed and the egg whites are in fairly stiff peaks. They need to be stiff enough to incorporate the puree but not so stiff that you cannot fold them into the puree. Fold into the chilled puree, making sure that the puree is completely mixed with the meringue. Then transfer to a plastic freezer box and cover with freezer film or greaseproof paper and a lid. Finally label, and then freeze. Eat after about 2 hours, or if frozen solid, allow about 20 minutes in the fridge to soften sufficiently to serve.



Strawberry & Mascarpone Ice Cream

Mascarpone is an Italian cream cheese that is quite simple to make (see [page 228](#)); it can also be bought in tubs from Italian delicatessens and some supermarket chains. Combined with strawberries it makes a magnificently smooth ice cream. This recipe comes from Cooks Magazine in the USA, with their blessing.

	Metric	US	Imperial
Strawberries	100 g	2 cups	3 1/2 oz
Whole milk	250 ml	1 cup	8 fl oz
Egg yolks	4	4	4
Unrefined granulated sugar	200 g	1 cup + 2 tsp	7 oz
Mascarpone	250 g	1 cup	8 3/4 oz
Makes about	1 litre	4 cups	32 fl oz

Hull the strawberries then rinse with cold water and dry on a towel or kitchen paper. Use a food processor/ blender to puree the strawberries, then sieve to remove the seeds. Cover and chill until ready to use.

Make a custard according to the recipe for **Standard French Vanilla Ice Cream** ([page 72](#)). Once the custard is made add the mascarpone and stir well until dissolved. Put a piece of lightly buttered greaseproof paper directly on the surface of the custard and press it up against the side of the pan. This will prevent a skin forming while the custard cools. Once cold transfer to the fridge to chill.

When ready, combine the custard and strawberry puree then either **still** or **stir freeze** and **store** ([page 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Home-Made Mascarpone

	Metric	US	Imperial
Double cream (48% fat)	1.25 litres	5 cups	2 pints
Tartaric acid, scant	1/2 tsp	1/2 tsp	1/2 tsp
Makes about	750 g	3 cups	24 oz

Start the day before needed.

Pour the cream into the top half of a double boiler, or into a bowl placed over a pan of simmering water. Using a thermometer (*this is essential*) heat the cream, stirring occasionally to 80Â°C/176Â°F; over or under heating will spell disaster.

Remove the pan from the heat and add the tartaric acid. Stir for 30 seconds, remove from the heat and continue to stir for another two minutes, then pour the cream into a cheesecloth-lined colander over a large bowl and allow to drain. Leave in a cool place for not more than 12 hours to drain.

NOTE: Tartaric acid is a vegetable acid used in baking powders and some fizzy drinks. (See Useful Addresses [page 324](#)) It is not the same as cream of tartar.



Strawberry Ice Cream Flavoured with Balsamic Vinegar

If you are staring at this recipe in disbelief, let us assure you at the outset there is no mistake, it does combine strawberries with vinegar and the flavour will out-do that of any strawberry ice cream you have ever tasted.

The recipe comes from Entertaining allâ€™Italiana by Anna Del Conte, but we suspect the idea stemmed from her previous book, Secrets from an Italian Kitchen. Here Anna describes the rare speciality of Reggio Emilia and Modena, the towns where balsamic vinegar is made. It consists of serving vanilla ice cream with a teaspoon of balsamic vinegar dribbled over each portion. She writes, â€™The rich dark flavour of the balsamic vinegar cuts into the delicate sweetness of the ice cream and achieves a perfect balance of flavours.â€™ It seems to have the same effect in strawberry ice cream â€™ in short, excellent.

	Metric	US	Imperial
Fresh strawberries	450 g	1 lb	1 lb
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Balsamic vinegar	1 Tbsp	1 Tbsp	1 Tbsp
Whipping/heavy cream (36% fat)	150 ml	¹ / ₂ cup + 2 Tbsp	5 ¹ / ₄ fl oz
<i>Makes about</i>	<i>875 ml</i>	<i>3 ¹/₂ cups</i>	<i>30 fl oz</i>

Wash and hull the strawberries. Dry them thoroughly with kitchen paper then put them in a food processor or blender with the sugar. Set the machine in motion and add the balsamic vinegar through the lid or funnel. Continue to blend until the ingredients have combined to a smooth puree, and then pour this into a bowl. Cover and refrigerate for 2-3 hours. The sugar and vinegar will bring out the flavour of the fruit.

When ready, combine the strawberry puree and the cream and then either **still** or **stir freeze** and **store** ([page 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

The Prince of Wales Ice or Sugar Ice Cream

In Joseph Bell's book published in Newcastle in 1817, A Treatise on Confectionary in all its Branches, he gives a recipe for The Prince of Wales Ice. This was, we assume, a favourite of the Prince of Wales, as Bell says "The author has repeatedly had the honour of preparing this ice by His Highness the Prince of Wales." Bell was confectioner to both The Prince of Wales (later King George IV) and the Duke of York, his brother. He later retired to Newcastle and wrote his treatise.

It is basically a very rich sugar-flavoured iced cream with a dense consistency. You can make it with ordinary brown unrefined Demerara sugar and the result is delicious, however we have used muscovado sugar; the result is something really special. This is another recipe for food historians and those interested in what ices used to be like.

Served with mince pies or Christmas pudding it is fantastic but try it just on its own.

It is quick and one of the easiest recipes in the book.

	Metric	US	Imperial
Unrefined* brown sugar	85 g	² / ₃ cup	3 oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
<i>Makes about</i>	<i>1.2 litres</i>	<i>4 ³/₄ cups</i>	<i>40 fl oz</i>

In a bowl start whisking the cream and slowly adding the sugar but make sure that the sugar is soft before you start.

Whip until it will hold stiff peaks, and then quickly scrape into a freezer box. Then gently knock the box on the kitchen work top. This will remove air pockets in the ice cream. Cover with freezer film or greaseproof paper then freeze overnight and preferably for at least three days to let the flavour develop.

†You can use any degree of brown sugar from soft or dark brown sugar, demerara, light muscovado or dark muscovado sugar. Make sure it is unrefined sugar. We always use Billingtons.



Summer Pudding Spoom

This spoom is perfect for the inside of any bombe as it can be served almost directly from the freezer. If it does need tempering 10 minutes to 20 minutes in the fridge is usually all that is needed.

You can vary the fruits to make this but we think that raspberries are a must. Blackcurrants can be added (in certain USA states they are illegal) instead of blueberries. The darker fruits give it a better colour and vary the flavour. However you need at least two fruits to get the summer pudding flavour.

	Metric	US	Imperial
Sugar syrup (see page 70)	300 ml	1 1/4 cups	10 fl oz
Blackberries	125 g	1 cup	4 1/2 oz
Blueberries or blackcurrants	125 g	1 cup	4 1/2 oz
Raspberries	250 g	2 cups	9 oz
Lemon juice	2-3 Tbsp	2-3 Tbsp	2-3 Tbsp
Egg whites, pasteurised (see page 59)	2	2	2
Unrefined granulated sugar	130 g	2/3 cup	4 1/2 oz
Makes about	1.5 litres	6 cups	48 fl oz

Put the sugar syrup in a non-reactive saucepan, add the washed blackberries and the blueberries and/or black-currants and bring to the boiling point. Simmer gently until the fruits are soft. About 5 minutes.

Liquidise in a food processor or a liquidiser and sieve through a medium sieve. Return the sieved liquid to the liquidiser/food processor.

Now add the washed raspberries and liquidise briefly to puree then thoroughly mix with the blackberries and blueberries. Cool and chill in the fridge.

We prefer to sieve the blackberry/blueberry/black-currant mix after cooking and before adding the raspberries to remove the large pips and skins. The pips in the raspberries we feel add a texture and an interesting consistency and look to the summer pudding spoom.

When ready reconstitute the egg whites, if powdered, then whisk the egg whites and add the sugar slowly until the egg white mixture will hold firm peaks, then fold in the fruit puree. Freeze, preferably overnight.

Serve in a bombe or on its own or with a scoop of **Brown Bread Ice Cream**, [page 106](#).

Tamarind Sorbet

Those who are interested in Indian and South East Asian cooking will be well acquainted with this ingredient. The pulp of pods gathered from the tree of the same name, tamarind is most usually sold compressed into slabs, very similar to that of dates. What people may find unusual is that this sour, exotic staple used primarily in savoury dishes, here, is used as the basis for a sorbet. The flavour is delicious; something like a fragrant, slightly sharp, baked apple, with some spice behind it. Serve with fresh exotic fruits, especially fresh dates, figs, bananas or with old-fashioned milk puddings, such as semolina, rice or sago made with a coconut milk base.

	Metric	US	Imperial
Block of tamarind pulp	1 x 200 g	7 oz	7 oz
Boiling water	500 ml	2 cups	16 fl oz
Sugar Syrup (see page 70)	500 ml	2 cups	16 fl oz
Lemon juice	2-3 tsp	2-3 tsp	2-3 tsp
Makes about	1 litre	4 cups	32 fl oz

Break the block of tamarind into small pieces and put into the bowl of a food processor. Pour in the boiling water and leave until warm. Pulse very briefly, just to break down the pulp into the water. Pour this into a fine sieve over a bowl and rub through as much of the pulp as possible; there will be quite a lot of debris left. Discard this and whisk the sugar syrup into the puree. Taste and add lemon juice as preferred. Cover and chill before **still** or **stir freezing** and **store** ([pages 80](#) to [81](#)).

TEA ICES

There is a very straightforward trick we would like to pass on concerning tea infusions. Every recipe we have ever read initially requires boiling water to be poured on to the tea.

Ignore this and simply soak the tea in cold water overnight. This method gives a good, rich round flavour with none of the bitter tannin that is immediately released when tea leaves are steeped in boiling water.

Earl Grey Tea Gelato

This type of fermented black tea is quite a feature in this house in the degree to which it is used in general cooking. This includes everything from smoking chicken, marinating fruits, baking cakes and nowice cream. It just has a very happy knack of both fitting in and enhancing flavours and yet has a definite flavour of its own.

The notable element in this tea is bergamot which is the oil from the bergamot orange, an inedible fruit, grown almost exclusively for its oil.

Serve it simply, perhaps with some cantuccini.

	Metric	US	Imperial
Whole milk	750 ml	3 cups	24 fl oz
Earl Grey teabags	4	4	4
Unrefined granulated sugar	150 g	³ / ₄ cup	5 ¹ / ₄ oz
Egg yolks	8	8	8
Makes about	1 litre	4 cups	32 fl oz

In a measuring jug put the milk with the four teabags, stir well and then leave in the refrigerator for at least 24 hours. This slow, steady-but-sure method extracts the flavour without the tannin or scum that occurs when pouring boiling water over tea.

Do not heat the milk as this will dissolve the tannin in the tea and give the gelato a bitter flavour.

After 24 hours remove the teabags and make according to the instructions for **Standard Italian Gelato** made with eggs on [page 75](#).

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Earl Grey Tea Sorbet

NOTE : *Purists can substitute 3 Tbsp of Earl Grey tea leaves for the 4 teabags but we have rarely found anyone who can detect the difference.*

	Metric	US	Imperial
Earl Grey teabags	4	4	4
Water	625 ml	2 ¹ / ₂ cups	20 fl oz
Sugar syrup (see page 70)	300 ml	1 ¹ / ₄ cups	10 fl oz
Juice of lemon, strained	1	1	1
Makes about	1 litre	4 cups	32 fl oz

Add the teabags to the cold water, cover and leave to steep for 24 hours, stirring occasionally. Drain and discard the bags then add the sugar

syrup and strained lemon juice. Chill in the fridge again before making the sorbet.

When ready, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

VARIATIONS: Smokey Russian caravan tea gives a good positive flavour; or try gunpowder green or jasmine tea for a delicate fragrant sorbet.



Green Tea Ice Cream

Japanese shops and specialist tea shops sell green tea packaged as teabags. Green tea is unfermented and has a clean bright flavour quite different from the Earl Grey which is a fermented tea with added bergamot. We have constructed a lighter ice cream around the green tea so its fresh qualities can come through.

If loose tea is all that is available, you would need 4 teaspoonfuls infused overnight in the milk; the milk will then need straining before making the custard. This ice is an ideal way to finish a Japanese, Chinese or Thai meal.

	Metric	US	Imperial
Whole milk	300 ml	1 1/4 cups	10 fl oz
Green tea teabags	4	4	4
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Egg yolks	3	3	3
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

Measure the cold milk into a jug and place the teabags in it, making sure that they are submerged in the liquid. Cover and refrigerate overnight, stirring once or twice if possible.

The following day, squeeze all the liquid from the teabags back into the milk, discard the bags and bring the milk to just below boiling point. Proceed to make a custard with the flavoured milk, using the above quantities of sugar, egg yolks and cream (though omitting the vanilla bean), following the instructions for **Standard French Vanilla Ice Cream** (see [page 72](#)).

When ready, add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Tequila Granita

The idea for this sorbet came after we had Margueritas, that were virtually a slush, in a Tex-Mex restaurant in New York. They were delicious. This ice is wonderful after a hot Mexican, Indian or Oriental meal.

	Metric	US	Imperial
Water	625 ml	2 1/2 cups	20 fl oz
Unrefined granulated sugar	110 g	1/2 cup	3 1/4 oz
Tequila	4 Tbsp	4 Tbsp	4 Tbsp
Cointreau	4 Tbsp	4 Tbsp	4 Tbsp
Juice of lemons, strained	3	3	3
<i>Makes about</i>	<i>750 ml</i>	<i>3 cups</i>	<i>24 fl oz</i>

Bring the water to the boil in a medium saucepan. Stir in the sugar. Remove the pan from the heat and stir in the spirits and the strained lemon juice. Cool to room temperature, and then chill in the fridge.

For detailed instructions on how to prepare a **Granita** (see [page 71](#)).

English Toffee Ice Cream

The recipe could not be simpler and the flavour is excellent. The toffee melts more quickly if it is crushed into very small pieces, and we have found that freezing the toffee for 30 minutes makes it more brittle and therefore easier to pound.

	Metric	US	Imperial
Toffee(s), unwrapped	300 g	10 1/2 oz	10 1/2 oz
Whole milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
<i>Makes scant</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

Leaving 50 g/2 oz of toffee in the freezer crush the remaining toffee and put it in a small saucepan with the milk and half the cream. Heat gently, stirring frequently until the toffee has dissolved. (Using a balloon whisk can speed up the dissolving process a little.)

When the mixture is smooth remove from the heat and cool quickly by sitting the base of the pan in cold water. Once cold, cover and transfer to the fridge to chill.

When ready, combine the chilled toffee mix with the remaining cream and pour into the machine; either **still** or **stir freeze** ([page 80](#)).

While the ice cream is freezing quickly remove the remaining toffee from the freezer and crush it. Sprinkle this directly on to the churning ice cream and allow it to churn for a further 2 or 3 revolutions or sufficient to distribute the toffee chips evenly throughout the ice cream. Then **store** ([page 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve with baked apples or bananas, or **Chocolate Ice Cream** (see [page 118](#)).

English Toffee & Rum Ice Cream

	Metric	US	Imperial
One recipe English Toffee Ice Cream (see left)			
Dark rum	2-3 Tbsp	2-3 Tbsp	2-3 Tbsp
<i>Makes scant</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

Follow the method for making **English Toffee Ice Cream**, to the stage when the chilled mix has been removed from the fridge. Now stir in the remaining cream, then sufficient rum to taste, and continue as directed in the method.

Liquorice Toffee Ice Cream

Not a flavour usually associated with ice cream; or a colour. If you find it on sale, it is invariably a very daunting black. We found that the simplest method produced a remarkably good flavour, but we drew the line at adding black colouring so our version is a far more subtle battleship grey!

	Metric	US	Imperial
One recipe English Toffee Ice Cream (see left) omitting the English toffee and substituting the same weight of liquorice toffees			
Unrefined granulated sugar	2 Tbsp	2 Tbsp	2 Tbsp
<i>Makes scant</i>	<i>1 litre</i>	<i>4 cups</i>	<i>32 fl oz</i>

The method is exactly the same as for making **English Toffee Ice Cream** but dissolve the sugar with all (300 g/10 ½ oz) the liquorice toffees (in the milk with half the cream) at the start of the recipe. No crushed toffee is added to the frozen ice cream.

NOTE: See Useful Addresses on [page 324](#) for liquorice toffee.

Tomato Ice Cream – Savoury

This is an ice that is made with mayonnaise using sunflower oil. It contains very little cream and only one egg and therefore per portion is comparatively low in saturated fats and cholesterol. All too often, this can signal a loss of flavour, but made with well flavoured, fully ripe tomatoes, it makes a sophisticated ice.

	Metric	US	Imperial
Ripe tomatoes	450 g	1 lb	1 lb
Garlic cloves, chopped	1	1	1
Bay leaves	2	2	2
Tomato puree	1 Tbsp	1 Tbsp	1 Tbsp
Unrefined granulated sugar	¼ tsp	¼ tsp	¼ tsp
Freshly ground black pepper			
MAYONNAISE			
Egg	1	1	1
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Sunflower oil	250 ml	1 cup	8 fl oz
Dijon mustard	¼ tsp	¼ tsp	¼ tsp
Freshly ground black pepper			
Salt			
Whipping/heavy cream lightly beaten (36% fat)	85 ml	⅓ cup	2 ¾ fl oz
<i>Makes about</i>	<i>800 ml</i>	<i>3 ¼ cups</i>	<i>26 fl oz</i>

Wash the tomatoes, quarter and put them in a pan with the chopped garlic and bay leaves. Cook gently, covered, stirring frequently, until the tomatoes are reduced to a soft pulp. (Additional water should not be needed if the tomatoes are ripe and they are cooked slowly enough.) Rub the contents of the pan through a sieve. Stir in tomato puree and sugar, then season well with freshly ground black pepper. Cover and chill in the fridge.

To make the mayonnaise, break the egg into a medium size mixing bowl. Using an electric hand whisk beat in the lemon juice. Then with the machine set at medium speed, whisk in the oil very slowly, a dribbled tablespoonful at a time, until all the oil is added and the mayonnaise forms an emulsion. Add mustard and then salt and pepper to taste. Cover and chill the mayonnaise in the fridge.

When ready, combine the tomato mixture, mayonnaise and lightly beaten cream then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve with cold lemon-dressed seafood or with a mixed green leaf salad for a light lunch, or with **Pea and Mint Savoury Ice Cream** (see [page 199](#)) as a starter.

Fresh Tomato & Basil Sorbet

Serve as a lunch dish on a hot summer's day with a mixed green salad, or in a chilled red or yellow tomato soup.

	Metric	US	Imperial
Fresh ripe tomatoes	900 g	2 lb	2 lb
Sugar syrup (see page 70)	85 ml	1/3 cup	2 3/4 fl oz
Fresh basil leaves, chopped	10	10	10
Juice of lemons, strained	4	4	4
Salt and freshly milled black pepper			
Worcestershire sauce	4 drops	4 drops	4 drops
Makes about	750 ml	3 cups	24 fl oz

Skin the tomatoes either by immersing in boiling water for about 1 minute, or by spearing each tomato with a fork and rotating over a gas flame. Quarter, removing the cores, and transfer to a food processor or blender. Blend until smooth then rub through a plastic sieve into a bowl. Stir in the sugar syrup and add the chopped basil leaves. Now add the strained lemon juice then salt, freshly milled black pepper and Worcestershire sauce to taste. Cover and chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([page 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Truffle Ice Cream

Truffle ice cream is for a special occasion. We use truffles preserved in small jars (holding 2 or 3 truffles and weighing a total of 30 g) sold by L'Aquila (see Useful Addresses [page 324](#)). In a jar they cost about £8 or \$12 and make a sublime ice cream provided, of course, you like truffles. If you don't like truffles go to another recipe.

You can use fresh truffles but these can cost telephone numbers and are seasonal. This gelato can be made at any time of the year.

	Metric	US	Imperial
Black truffle (Drained weight)	30 g	1 oz	1 oz
Whole milk	375 ml	1 1/2 cups	12 fl oz
Unrefined granulated sugar	90 g	1/2 cup minus 1 Tbsp	3 1/4 oz
Egg yolks	5	5	5
Whipping/heavy cream (36% fat)	185 ml	3/4 cup	6 fl oz
Truffle oil*	2-3 tsp	2-3 tsp	2-3 tsp
Makes about	1 litre	4 cups	32 fl oz

Slice, then chop the truffles very finely and set aside.

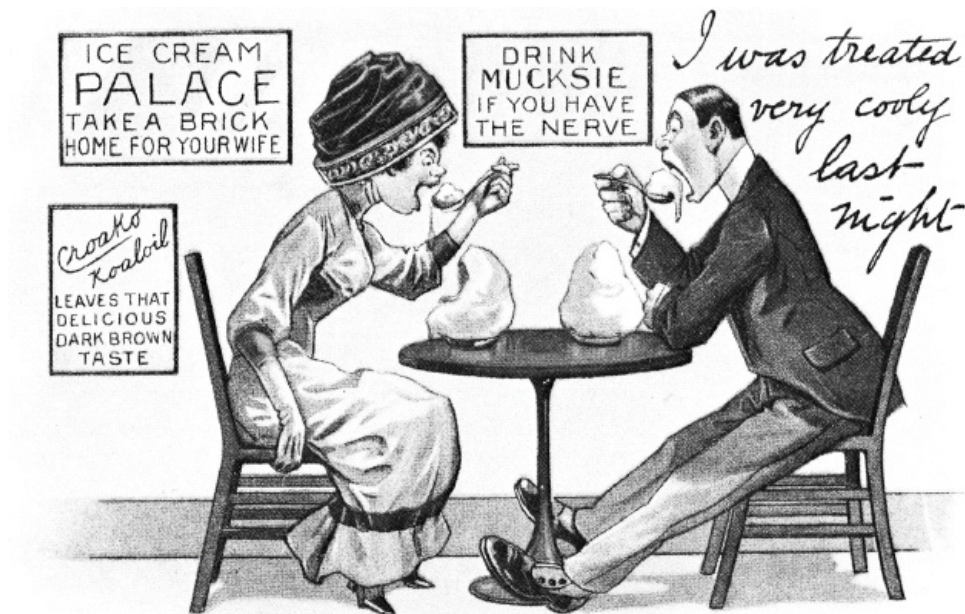
Now use the milk, sugar and egg yolks above according to the recipe for **Rich French Vanilla Ice Cream** ([page 72](#)), but omitting the vanilla bean. Once the custard has cooled, add the finely chopped truffles and cover and chill in the fridge for at least 6 hours or overnight.

When ready, add the chilled cream, taste, then whisk in a very small amount of truffle oil, 1/2 tsp at a time, tasting between each addition until the truffle flavour is as you prefer. Then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Serve in exquisite portions on its own or with a scoop of olive oil ice cream drizzled with honey or with baked pears or on toasted panettone with honey or with walnuts.

† You must get really good quality truffle oil, made from real truffles, either black truffle oil or white truffle oil. Avoid anything that says nature identical or truffle flavour.



Mrs Marshall’s Vanilla Ice Cream

This comes straight from the pages of Mrs Marshall’s Book of Ices (1885) and with her simple directness comes under the heading of “cheap”.

It is the ideal sort of ice cream to churn out in quantities for children because you can be sure that nothing you can buy can match it for price or integrity of ingredients.

We spent a very interesting day making ice cream on the beach in one of Britain’s leading seaside resorts and churning it in one of Mrs Marshall’s original hand-cranked ice-cream machines.

Firstly the ancient machine performed perfectly on a hot summer’s day. Then we decided to get children to sample this ice cream against a major multi-national company’s best selling product. To our surprise and gratification Mrs Marshall won 100%.

	Metric	US	Imperial
Cornflour/ cornstarch	4 Tbsp	–	4 Tbsp
Unrefined granulated sugar	–	4 Tbsp	–
Whole milk	90 g	1/2 cup	3 1/4 oz
Vanilla extract	1/2 tsp	+ 1 tsp	1/2 tsp
Makes about	500 ml	2 cups	16 fl oz
	1/2 tsp	1/2 tsp	1/2 tsp
	625 ml	2 1/2 cups	20 fl oz

Combine the cornflour and sugar in a bowl. Stir in sufficient of the measured milk to form a thin blend. Bring the rest of the milk to the boil and pour onto the cornflour blend in a thin, steady stream, stirring constantly. Return the mixture to the pan and bring to the boil over a moderate heat, stirring constantly. Once the mixture boils remove the pan from the heat and stir in the vanilla. Lay a piece of buttered greaseproof paper directly on the custard and slightly up the sides of the pan; this is to prevent a skin forming to which this sort of flour-based custard is particularly prone. Leave to cool, then chill in the fridge.

When ready, either **still** or **stir freeze** and **store** ([page 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Easy No-Cook Philadelphia Vanilla Ice Cream

This is the easiest type of Philadelphia (or egg-less) ice cream and is particularly suitable for children to make.

As the name suggests this recipe is reputed to have originated in Philadelphia. Because it contains no egg, it melts faster and has the characteristic iciness of old-fashioned ice cream. The clearly visible vanilla seeds are also typical of this type of ice.

	Metric	US	Imperial
Vanilla bean	1	1	1
Whole milk	375 ml	1 1/2 cups	12 fl oz
Unrefined granulated sugar	50 g	1/4 cup	1 3/4 oz
Sweetened condensed milk, chilled	125 ml	1/2 cup	4 fl oz
Whipping/heavy cream (36% fat), chilled	250 ml	1 cup	8 fl oz
Salt	1/4 tsp	1/4 tsp	1/4 tsp
Makes about	750 ml	3 cups	24 fl oz

Split the vanilla bean lengthwise and heat with the milk and sugar, stirring occasionally, to just below boiling point, allow to cool and chill. Remove the bean and scrape out the seeds, adding them to the chilled milk.

When ready, add the chilled condensed milk and cream then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 20 minutes in the fridge to soften sufficiently for serving.

Soft Scoop Vanilla Ice Cream

This is the home-made equivalent of commercial ice creams that can be served straight from the freezer. Americans will have no problem making this type of ice cream because it depends on a type of sugar available in the USA where it is known as corn syrup. In Britain it is much easier to use glucose which is now available in most supermarkets.

For an explanation of the part sugar plays in the science of ice cream see [pages 305](#) to [315](#).

	Metric	US	Imperial
Unrefined granulated sugar	70 g	$\frac{1}{3}$ cup + 1 tsp	2 $\frac{1}{2}$ oz
Egg	1	1	1
Whole milk	300 ml	1 $\frac{1}{4}$ cups	10 fl oz
Glucose OR Corn syrup	130 ml	$\frac{1}{2}$ cup + 1 Tbsp	4 $\frac{1}{2}$ fl oz
Whipping/heavy cream (36% fat)	185 ml	$\frac{3}{4}$ cup	6 fl oz
Vanilla extract	2 tsp	2 tsp	2 tsp
Makes scant	650 ml	2 $\frac{5}{8}$ cups	22 fl oz

In a large heatproof mixing bowl beat together the sugar and egg. Then make according to the recipe for **Standard French Vanilla Ice Cream** ([page 72](#)). Remove from the heat and stir in either the glucose or the corn syrup. Cover and chill in the fridge.

When ready, add the chilled cream, either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour. If frozen solid, remove from the freezer to the worktop. By the time the plates and spoons have been assembled the ice cream will be sufficiently soft to serve.

Well-Behaved Vanilla Ice Cream

An ice cream that contains no eggs and is straightforward and quick to make. The interesting addition is the gelatine which makes the ice cream less prone to melting and more able to hold its shape. The gelatine creates a cooked-milk flavour which is popular among the older generation, recalling childhood memories of ice cream.

	Metric	US	Imperial
Water	2 Tbsp	2 Tbsp	2 Tbsp
Powdered gelatine	1 Tbsp	1 Tbsp	1 Tbsp
Whole milk	500 ml	2 cups	16 fl oz
Unrefined granulated sugar	120 g	$\frac{1}{2}$ cup + 1 Tbsp	4 oz
Salt	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp	$\frac{1}{4}$ tsp
Whipping/heavy cream (36% fat) chilled	500 ml	2 cups	16 fl oz
Vanilla extract	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	1.25 litres	5 cups	40 fl oz

Spoon the water into a medium-sized bowl then sprinkle in the gelatine, whisking constantly. In a saucepan bring the milk to the boil then remove the pan from the heat. Stir in the sugar and the salt, and when the sugar has dissolved pour into the bowl containing the gelatine, stirring all the while. Cover and leave to cool.

When ready, add the cream and vanilla, and then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.



Chinese Walnut Brittle Ice Cream

This recipe is going to raise an eyebrow or two – it is definitely an oddity. How many nut brittles have you come across that contain generous amounts of salt and freshly ground black pepper? But rest assured, the recipe has a perfect pedigree. It comes from the late Jane Grigson’s book Good Things, and when this lady tells you something unusual works, you can bank on it.

The magic of the recipe is that, as Jane Grigson wrote, the pepper tastes spicy rather than peppery and leaves one’s mouth feeling fresh and clear. Furthermore, when added to ice cream it miraculously keeps these qualities, giving a flavour which is at once rich, yet clean and spicy. A rather adult flavour. Please note it must be freshly ground black pepper, straight from a pepper mill.

	Metric	US	Imperial
ICE CREAM			
Whole milk	375 ml	1 1/2 cups	12 fl oz
Egg yolks	3	3	3
Vanilla sugar (see page 61)	90 g	1/2 cup minus 1 tsp	3 1/4 oz
Whipping/heavy cream (36% fat)	185 ml	3/4 cup	6 fl oz
BRITTLE			
Unrefined granulated sugar	170 g	1 cup minus 2 Tbsp	6 1/4 oz
Water	4 Tbsp	4 Tbsp	4 Tbsp
Salt	1 tsp	1 tsp	1 tsp
Walnut pieces	115 g	1 cup	4 oz
Freshly ground black pepper			
Makes about	1 litre	4 cups	32 fl oz

Follow the method for making **Standard French Vanilla Ice Cream** (see [page 72](#)) omitting the vanilla bean and substituting vanilla sugar). Once the custard has cooled, cover and chill in the fridge.

BRITTLE

Put the sugar and water in a small heavy pan and heat gently, stirring occasionally until the sugar has completely dissolved. Now turn up the heat and boil briskly until the syrup reaches the soft ball stage, 112-115°C/ 233-239°F. Add the salt and walnuts and continue cooking to the hard

crack stage, 148-154Â°C/298-309Â°F, grinding the pepper mill 20-25 turns over the pan between stirs.

Quickly scrape the mixture from the pan on to a greased baking tray and pat the nuts flat with the back of a spoon. Leave to cool and harden. Tap to break the brittle into pieces then pound several pieces at a time with a pestle in a mortar until reduced to about the same size as coarse salt crystals. Transfer to a screw-top jar until ready to use.

When ready, add the chilled cream, either **still** or **stir freeze** the ice cream ([page 80](#)) then quickly scrape into plastic freezer boxes, sprinkling in 150 g/1 cup/5 Â¼ oz of the crushed brittle as you go. Finally, give the ice cream 1 or 2 stirs to distribute the brittle evenly then smooth the surface and **store** ([page 81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Whisky & Honey Parfait

Having had Atholl Brose and loved it, we were convinced that the same principle could be used to make an ice cream. How wrong could we be? All our efforts produced different versions of frozen porridge. In the end we were forced to turn the idea on its head and come up with a superlatively flavoured whisky and honey parfait.

	Metric	US	Imperial
Honey, clear	125 ml	½ cup	4 fl oz
Water	85 ml	⅓ cup	3 fl oz
Egg yolks	5	5	5
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Whisky	4 Tbsp	4 Tbsp	4 Tbsp
Makes about	1 litre	4 cups	32 fl oz

Combine the honey with the water and warm very gently until the honey is completely dissolved. The syrup should be between 30-40Â°C/86-104Â°F (around blood heat). Now follow very carefully the instructions for making a **Parfait** (see [page 71](#)).

Serve sprinkled with lightly toasted pinhead or rolled oatmeal.

Mulled Wine Sorbet

This recipe came about through a suggestion from Delia Smith. We devised this recipe for her book Delia Smithâ€™s Christmas.

	Metric	US	Imperial
Orange	1	1	1
Lemons	1 ½	1 ½	1 ½
Red wine	250 ml	1 cup	8 fl oz
Cloves	3	3	3
Cinnamon stick	5 cm	2 inch	2 inch
Grated nutmeg	pinch	pinch	pinch
Ruby port	2 Tbsp	2 Tbsp	2 Tbsp
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Makes about	750 ml	3 cups	24 fl oz

Thoroughly scrub then dry the orange and lemons. Use a potato peeler to remove three 2.5 x 1 cm/1 x Â½ inch strips from the orange and one of the lemons. Cut these across very finely to give hair-like strips. Squeeze the juice from the orange and 1 Â½ lemons. Combine the wine, spices, strips of zest and strained orange and lemon juice in a saucepan. Bring to the boil, simmer for 1 minute, then remove the pan from the heat. Stir in the port and sugar syrup, cover and leave to cool, then chill in the fridge.

When ready, discard the cinnamon and cloves, then **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)).

Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Wertherâ€™s® Ice Cream

These cream and butter-flavoured sweets are always on offer in our car, so it did not take long before the idea occurred to use them as a flavouring for ice cream and the result was rather successful. The only drawback we have found is the length of time it takes for the sweets to dissolve. It is best to start the process, then go away and find something fascinating to do for an hour or two. A family favourite is to serve this ice cream with a plain, hot, baked cooking apple.

	Metric	US	Imperial
Werther's® Original hard butter candies	250 g	9 oz	9 oz
Unrefined granulated sugar	225 g	1 cup + 2 Tbsp	8 oz
Whole milk	250 ml	1 cup	8 fl oz
Whipping/heavy cream (36% fat)	500 ml	2 cups	16 fl oz
Makes about	1 litre	4 cups	32 fl oz

Discard the wrappers and put the candies and the sugar in the top half of a double saucepan. Pour in the milk and put the pan over the lower half containing 2 to 3 inches of boiling water. Adjust the heat to low, cover with a lid and leave for at least 45 minutes, stirring occasionally, until the toffees have completely dissolved.

Transfer the top half of the pan to sit in cold water, and then chill in the fridge.

When ready, add the whipping cream and then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes in the fridge to soften sufficiently for serving.

Moro’s Yoghurt Ice Cream

This comes, with their kind permission, from the inspiring Casa Moro cookbook by Sam and Sam Clark. This husband-and-wife pair of restaurateurs are passionate about all things Spanish and Moorish and whether this recipe came from these roots we do not know, but it is a very clever, cast-iron recipe that cannot be tweaked in any way. We would have liked to have made it easier but it resists modification of any sort. But be aware that you definitely need a stand mixer and a probe thermometer. What you will get for your trouble is one of the best yoghurt ice creams you will ever taste.

	Metric	US	Imperial
Large egg whites	3	3	3
or egg whites	120 g	4 1/4 oz	4 1/4 oz
Unrefined	200 g	1 cup	7 oz
caster sugar		+ 2 tsp	
Greek or Russian (full fat 10%) natural yoghurt, chilled	750 g	3 cups	26 1/2 oz
Makes about	1.8 litres	7 1/4 cups	60 fl oz

Combine the sugar and egg whites in a large heatproof bowl. Sit the bowl over, not in, a pan of simmering water and stir until the mixture reaches 80°C/176°F. This will take about 20 minutes. Transfer the whites and sugar to the bowl of a stand mixer fitted with a balloon whisk. Set the machine at high speed and leave to whisk for 10 to 15 minutes. By this time the mixture will have formed a dense, white, fluffy type of meringue. Whisk in a few spoonfuls of the measured yoghurt, then stop the machine and clean down the bowl with a rubber spatula, working all the meringue from the base and sides into the general mix. Continue to whisk adding the remaining yoghurt and leave the machine in action until the mixture is cold, about 10 minutes. It can be **still** or **stir-frozen** immediately ([page 80](#)), but if you are using an electric ice-cream machine you will probably have to churn this quantity in two batches. **Store** as directed on [page 81](#).



Zabaglione Gelato

Marsala is one of the many amazing foods and drinks that come from Sicily. However the world market for this fortified wine was developed by four Englishmen; Woodhouse, Ingham, Whitaker and Hopps in the late 18th century. They were in competition with each other shipping Marsala, mainly to England.

Maybe there is simply not the demand for this type of wine any more because it is difficult to find the good stuff. Steer well clear of any Marsala which is loaded with flavours like egg, cream, banana or coffee and avoid any suspicious, “cooking quality”™ cheaper versions.

There are basically two types, dolce (sweet) and secco (dry). We use Pellegrino, Bartoli or Florio. If you are unable to find it locally check the internet for a supplier.

For ice cream you need the sweet one. There are a number of types available as it is a blended fortified wine, like sherry. Fino is aged less than one year, Superiore is aged at least two years, Superiore Riserva four years and Vergine e/o Soleras at least five years.

Not surprisingly, this produces a full, round-flavoured gelato particularly suitable for cold weather and Christmas. It goes with the rich flavours of poached, dried fruits, mince pies and Christmas pudding.

	Metric	US	Imperial
Egg yolks	8	8	8
Unrefined granulated sugar	165 g	¾ cup + 1 Tbsp	5 ¾ oz
Whole milk	750 ml	3 cups	24 fl oz
Marsala dolce	125 ml	¼ cup	4 fl oz
OR	8 Tbsp	8 Tbsp	8 Tbsp
Makes about	800 ml	3 ¼ cups	26 fl oz

Make according to the recipe for **Standard Italian Gelato** ([page 75](#)). Once the custard has cooled, cover and chill in the fridge.

When ready, stir in the marsala, then either **still** or **stir freeze** and **store** ([pages 80](#) to [81](#)). Serve within 1 hour or, if frozen solid, allow 30 minutes

in the fridge to soften sufficiently for serving.

Instant Ices

We began this line of research looking for a very easy, quick method of making ices. We were attracted by the notion of freezing canned fruit, then liquidising the frozen contents, but the results of these experiments were very poor. Then we thought, what is wrong with using the basic fruit, frozen? This has proved to be an absolute winner. It is a complete departure from the main world of ice creams but keeps one foot in the sorbet camp. The idea is simple; frozen fresh fruit, liquidised. It could not be easier or more straightforward and the results are very, very good.

The list of fruits we give are the ones we find most successful. For example raspberries, red and white currants and blackberries have been left out primarily because they contain too many seeds to work with this technique; apples brown too much during freezing and citrus fruits are frankly too much of a fiddle. Pears do not have a strong enough flavour, etc.

All we would advise is use the fruits of optimum ripeness.

^ ^ ^ ^ ^ ^ ^ ^ SUGGESTED FRUITS

Use about 450 g/1 lb prepared weight of the following:

Banana

Peel and slice lengthways.

Black cherry

De-stalk, wash and pit.

Kiwi

Use a small sharp knife to remove the cone shape of white core from both ends of the fruit. Peel away the brown skins and slice the fruit across approx 0.5 cm/¼ inch thick.

Melon

Water, Ogen or Chanterais etc.

Divide the fruit into 2.5 cm/1 inch thick wedges, slip the knife between the rind and the coloured fruit to remove only the sweetest flesh. Cut across into approx 1.25 cm/ ½ inch thick slices, discarding all seeds as you go.

Peach/Nectarine

Skin by immersing the fruit in boiling water for 3-5 minutes. Drain, cool and peel. Halve and stone, then slice each half into 4 wedges.

Pineapple

Top and tail the fruit. Sit it on its base and using a sharp knife, work from the top, to the base removing the strips of outer skin. Gradually work your way around the fruit then divide the pineapple into four lengthways. Cut away the central core from each section then cut the fruit across into approx 1.25 cm/ ½ inch wide pieces.

Strawberries

Hull, rinse in cold water, drain and slice approx 0.5 cm/¼ inch.

METHOD

Fruit - as above

Fresh lemon juice

Icing/confectioners sugar

Baking trays that fit in your freezer, lined with freezer film or clingfilm/Glad wrap.(Non-plasticized wrap)

Arrange each chosen fruit in its own overlapping line on the prepared tray. Cover with freezer film or cling-film/Glad wrap and freeze.

The fruit can remain frozen for up to one month.

If you intend serving the ice immediately it is made, have ready some serving dishes, (see below). If you want to delay serving up to two hours have ready small plastic boxes for each type of fruit.

Put one type of frozen fruit in the liquidiser/processor at a time, breaking up the stiffly frozen lines of fruit a little with your hands. Add a tablespoonful of icing/confectioners sugar and process. Some fruits will need scraping down 2 to 3 times before they become smooth. Taste and add a tablespoonful more sugar at a time if needed. Taste, add a little lemon juice to bring out the freshness and flavours if necessary.

Spoon into small dishes and serve immediately.

SERVING

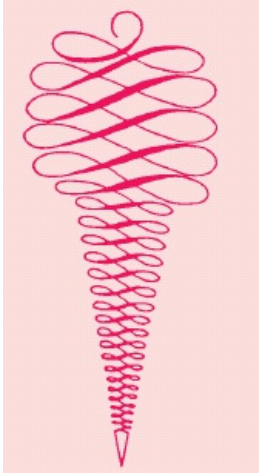
We suggest serving rather exquisite small portions in something like shot glasses or even espresso coffee cups. It is best to chill the glasses in a refrigerator before

serving.

Alternate spoonfuls of different fruits in glasses is extremely effective but to do this, get the fruit liquidised and stored ready in the freezer. Have your assembly line ready of each ice, glasses and spoons and serve pronto.

You could give slightly larger servings of ice topped with small dollops of fromage frais – nothing too rich or heavy.

NOTE: Cherry benefits from having a little maraschino spooned over.



Lollypops or Suckers

We decided to add this chapter to this revised edition for several reasons. Manufactured lollies, or suckers as they are also known, are plumb-full of additives, tend towards the over-sweet, and furthermore, especially when bought individually, are very expensive. The home-made versions taste very good, and charm and delight people with comparatively little effort and at a fraction of the cost. Mothers everywhere are allowed to feel almost virtuous feeding our lollies to their children!

But here comes the “however”™. While appearing to be dead simple, lollies are surprisingly difficult to get right. You have to stick to a formula. The difficulty is to get a strong enough flavour and sweetness in the final lolly while working to this formula, so either follow our recipes exactly, or, if you want to strike out on your own, you MUST arm yourself with a saccharometer (see Equipment, [page 52](#)). Your own invented mix must read 9Å° BaumÅ© for a successful lolly, 1 degree above or below is acceptable. Even then, things can go wrong, especially when you are dealing with a high fibre mix, e.g. mango or pineapple. The presence of fibre will give a false density reading. If you have a Brix saccharometer, see [page 307](#) for conversions between the various density scales.

What has disturbed us and was a further spur to write this chapter is the abundance of recipes on the internet that, in our opinion, do not work, or are frankly inedible. There are those using jelly/jello/gelatine on the grounds that the lollies will not drip. They do not drip, but have such a slimy texture they are disgusting to eat. Those recipes containing desiccated coconut, pudding mixes, melted marshmallows, carbonated drinks or corn-flour/cornstarch are, by and large, also unpleasant to eat. Failing to get a sufficiently positive flavour it is all too easy to reach for the brandies and liqueurs, but children are our main consumers so we have largely avoided going down that road. Also to be avoided, are the lowfat yoghurt-based lollies containing chunks of fruit. They do not work. There is a current vogue for “smoothie”™ lollies which consist of pureed fruits, such as strawberries, raspberries, blueberries, liquidised with bananas for sweetness with about 3 tablespoons of yoghurt. Anything containing bananas should not be kept hanging around for too long because it will discolour. For us, one of the main virtues of the home-made product is the minimum of additives so, by and large, we have kept our recipes simple and wholesome, using freshly squeezed juice rather than those bought in cartons, featuring some ingredients because they are high in effective antioxidants and all with just sufficient sugar to support the ice. Please note that sugar substitutes do not work.

You will need a good set of lolly moulds. Again, this sounds simple, but we have been amazed at the poor design of these things. With some of them you have to defrost the whole tray of six or eight lollies in order to get out one or two. Then there are the ones which are an impossible shape to suck and so drip everywhere, and those made of materials that cannot go in a dish-washer. (For people inclined to use re-cycled yoghurt pots, bear in mind that these produce unwieldy-shaped frozen ices, especially hard for children to manage.) Also, check that the overall height of lolly stick in the mould, standing in the supporting rack, will actually fit in your freezer; they just might be too tall. Overall lolly kits are large. Check that you have the freezer space.

At the time of going to print our favourite kit is the Cuisipro Rocket set from which lollies can be removed separately. They are supplied with a substantial frame to hold them firmly upright in the freezer and are not too expensive either. (See Useful Addresses, [page 324](#).) We tested all our recipes using this kit, which is why the made-up mixes pretty much equal 550 ml/2Å¼ cups/ 18 fl oz. Individual lollies are usually around 80 ml/Å¼ cup/3 fl oz capacity, allowing some space for expansion of the ice during freezing.

It may help to establish a baseline by saying that our freezer runs at around minus 21Å°C. At this temperature the lollies take 4 hours to freeze. Any lolly with alcohol in it should be frozen overnight to ensure it is completely frozen.

To serve, either leave the frozen lollies at room temperature for 10 minutes, or, for more immediate serving, dip the frozen area of mix in the containers in lukewarm water, just momentarily, to release them. If using the Rocket containers a slight, sideways pressure on the stick helps to release the air pressure and therefore the lolly. They will keep happily in the freezer for 4 weeks, but the usual proviso applies; it is not recommended to re-freeze lollies once they have been removed from the moulds. A note of caution; because these lollies contain no stabilisers they need to be eaten quickly once removed from the freezer and they will drip if not actively sucked!

The following recipes do not need a BaumÅ© saccharometer, but it is important to follow the recipe exactly. For example, a tablespoon, more or less, of sugar or alcohol can mean a lolly that breaks in half on its way out of the mould, or is a rock-hard ice that seems to have little flavour. In one or two recipes we get up to some odd things but it is always done for a reason; we have tried always for the simplest methods to get the best results. Make adequate space for the lollies in the freezer before you start.

NOTE: The quantities of lolly mix in each recipe makes between 6 and 12 lollies depending on the size of your moulds.

Orgeat (Almond) Milk

Orgeat, an almond syrup, is usually found in wine merchants or on the internet.

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Almond syrup	6 Tbsp	6 Tbsp	6 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz

Measure the milk into a jug and stir in the almond syrup. This can be poured straight into the moulds, then freeze, allowing about 1 cm/Å½ inch clearance at the top for the ice to expand during freezing.

Bailey’s™ & Milk

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Bailey’s® Irish Cream Liqueur	150 ml	10 Tbsp	5 fl oz
Unrefined sugar	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	650 ml	2 1/3 cups	22 fl oz

Combine all the ingredients in a measuring jug. Keep stirring until you are sure all the sugar has dissolved then pour into the containers, allowing about 1 cm/1⁄2 inch clearance at the top for the ice to expand during freezing.



Bloody Mary

These are perfect before Sunday brunch or at any time!

	Metric	US	Imperial
Vodka	6 Tbsp	6 Tbsp	6 Tbsp
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Big Tom®, Bloody Mary Mix (Or a normal Bloody Mary tomato mix)	375 ml	1 1⁄2 cups	12 fl oz
Juice of lemons, strained to taste up to	3	3	3
Makes about	1 litre	4 cups	32 fl oz

Combine the vodka, sugar syrup, Bloody Mary mix and strained juice of two lemons. Stir, taste and add a little additional lemon juice, if preferred. Cover and chill in the fridge. Pour an equal quantity into each container allowing about 1 cm/1⁄2 inch clearance at the top for the ice to expand during freezing. Freeze overnight. These are not hard but soft lollies due to the alcohol content.

Blueberry & Buttermilk

The flavour does not shout at you (no artificial extracts or essences here) but it is a good, healthy lolly for adults and children.

	Metric	US	Imperial
Fresh blueberries, rinsed and dried	300 g	10 oz	10 oz
Unrefined granulated sugar	3 Tbsp	3 Tbsp	3 Tbsp
Lemon juice	2 Tbsp	2 Tbsp	2 Tbsp
Buttermilk	150 ml	5⁄8 cup	5 fl oz
Makes about	525 ml	2 1⁄8 cups	18 fl oz

Put everything into a liquidiser and blend until the liquid is largely smooth, but discernible bits of blueberry skins remain. Pour an equal quantity into each mould, allowing about 1 cm/1⁄2 in clearance at the top for the ice to expand during freezing..

Caramel Syrup & Milk

Use the recipe for **Caramel Syrup/Sauce** ([page 274](#)).

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Caramel syrup (see page 274)	125 ml	1⁄2 cup	4 fl oz

Measure the milk into a jug and stir in the caramel syrup, making sure it is thoroughly mixed. Pour an equal quantity into each mould, allowing about 1 cm/1⁄2 in clearance at the top for the ice to expand during freezing.

Cardamom Kulfi-Style

In a local supermarket recently we found a brand of evaporated milk that comes ready flavoured with cardamom. It made a delicious lolly. However since this was unlikely to be easily available internationally we decided that it was so delicious it was worth the effort to buy plain evaporated milk and flavour it at home.

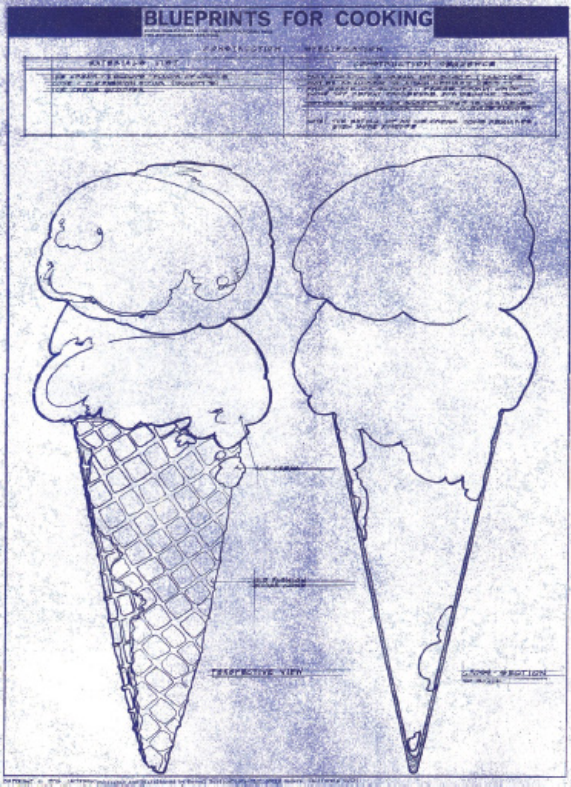
	Metric	US	Imperial
Can evaporated milk	410 g	14 1⁄2 oz	14 1⁄2 oz
Cardamom pods	1 Tbsp	1 Tbsp	1 Tbsp
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Makes about	550 ml	2 1⁄4 cups	18 fl oz

Pour the evaporated milk into a measuring jug. Crush the cardamom pods sufficiently to release the seeds then stir the seeds and pods into the milk. Transfer the jug to a microwave and set to defrost for about 15 minutes. Stir and leave the jug in the microwave for a further 15 minutes or so. Remove the jug and stir in the sugar. Make up the volume to 550 ml with water. Strain the mix through a fine sieve, pressing the cardamoms firmly with the back of a spoon to extract the maximum flavour. (Remember that the flavour will not taste as strong in the frozen lolly.) Stir to make sure the sugar has dissolved then pour into the lolly moulds and freeze.

VARIATION: Substitute 3 Tbsp rosewater for the cardamom pods in the above recipe. There is then no need to strain the mix through a sieve.

Delmonico’s

The Delmonico’s Sorbet (see [page 149](#)) makes a wonderful lolly, simply pour the sorbet into moulds and freeze for at least 24 hours. A great start to a barbecue! But perhaps not for the under 16’s!



After Eight Mints & Milk

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
After Eight® mints	10	10	10
Makes about	550 ml	2 1/4 cups	18 fl oz

Measure the milk into a microwaveable jug. Add the mints and microwave at 900W for 1½ minutes. Stir consistently to break down the mints then leave aside for a few minutes while assembling the moulds and clearing a space in the freezer. Stir the mixture again until the mints have completely dissolved into the milk then pour an equal quantity of mix into each container, allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing.

Drinking Chocolate

There was considerable debate about this one. We used Cadbury® Chocolate Highlights for it, 40 calories per cup. It makes an easy, delightful lolly for children, but please read the ingredients list on the side of the container and especially note the current bad boy, hydrogenated fat. We have gone ahead with this recipe betting that by the time this updated version of the book is published, Cadbury will have removed this particular ingredient.

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Drinking chocolate mix	4 Tbsp	4 Tbsp	4 Tbsp
Unrefined granulated sugar	2 Tbsp	2 Tbsp	2 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz

Add the drinking chocolate and sugar to the milk and whisk briefly to mix. Microwave on 900W for one minute. Whisk briefly, microwave for another minute then cool. When cool pour into lolly moulds allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing, and then freeze for at least 4 hours.

Cider

It proved surprisingly difficult to get a well-flavoured cider lolly until we hit on the notion of reducing one can of cider to about one-third of its original volume. These are good, but not particularly for children.

	Metric	US	Imperial
Strong, dry cider	2 x 500 ml cans	4 cups	32 fl oz
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Makes about	675 ml	2 3/4 cups	23 fl oz

Pour the contents of one can (or half the measured quantity) of cider into a small saucepan. Bring to the boil and continue to boil until the liquid has reduced to 150 ml. Stir in the lemon juice, sugar and the remaining can of cider. Pour into lolly moulds allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing.

NOTE: These lollies best eaten as soon as they have been removed from the freezer.

Coconut Milk

Coconut cream powder is sold in 160 g boxes in specialist Thai/Chinese/Indian food shops or in the international foods section of large supermarkets. It is a useful product that makes delicious lollies.

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Cream coconut powder	6 Tbsp	6 Tbsp	6 Tbsp
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz

Measure the milk into a microwaveable jug. Warm the milk by microwaving at 900W for 1½ minutes. Whisk in the coconut powder and sugar, and then leave aside to cool. Stir again and pour an equal quantity into each container allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing.

Coconut Milk & Banana

Follow the above recipe, adding 2 ripe, peeled bananas and reducing the sugar from 4 Tbsp to 3 Tbsp.

Makes about 750 ml/ 3 cups/25 fl oz.

For the method: - As above, but pour the warmed milk into a liquidiser. Add the coconut powder, sugar and peeled bananas cut in chunks. Blend until smooth. Cool, then pour into moulds allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing.

Instant Coffee & Milk

If these lollies are destined for a mixed crowd of adults and children then 2 Tbsp coffee powder will be sufficient. A stronger flavour is best for adults only.

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Instant espresso coffee powder	2–3 Tbsp	2–3 Tbsp	2–3 Tbsp
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz

Measure the milk into a jug and stir in the coffee powder and sugar. Leave aside for a few minutes to dissolve. Stir again and pour an equal quantity into each container allowing about 1 cm/1/2 inch clearance at the top for the ice to expand during freezing.

Gin & Tonic

These are perfect for a barbecue and you can substitute vodka for the gin.

	Metric	US	Imperial
Gin or vodka	6 Tbsp	6 Tbsp	6 Tbsp
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Tonic water	375 ml	1 1/2 cups	12 fl oz
Juice of lemon, strained	1	1	1
Makes about	1 litre	4 cups	32 fl oz

Combine the gin or vodka, sugar syrup, tonic water and strained lemon juice. Stir, taste and add a little additional lemon juice, if preferred. Cover and chill in the fridge. Pour an equal quantity into each container allowing about 1 cm/1/2 inch clearance at the top for the ice to expand during freezing. Freeze overnight. These are not hard lollies but soft lollies due to the alcohol content.

Welch's® Grape Juice

This is one of the simplest recipes in the book using the original Welch's Purple Grape Juice. Made from the Concord grape, it is just pure juice, no additives. It is high in effective antioxidants and makes a perfect lolly. Just pour the juice from the carton into the lolly moulds and freeze. (Pictured below)

	Metric	US	Imperial
Welche's® grape juice	500 ml	2 cups	16 fl oz



Pink Grapefruit

This recipe came about by default. We had tried several times to make a lemon sucker but found they were too sharp, requiring too much sugar. Lowering the amount of lemon juice merely gave a rather insipid flavour. So we turned to grapefruit which is less aggressive and, nowadays, a definitely sweeter citrus fruit; especially the pink variety. It is delicious and refreshing and is also good if mint is infused in the mix overnight.

	Metric	US	Imperial
Freshly squeezed grapefruit juice (about 3 grapefruit)	450 ml	1 ¾ cups	15 fl oz
Unrefined granulated sugar	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	550 ml	2 ¼ cups	18 fl oz

Position a large plastic sieve over a measuring jug. Strain the grapefruit juice into the jug to obtain 450 ml. Stir in the sugar and make up the volume to 550 ml with water. When the sugar has dissolved pour into moulds allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing.

Kiwi

Either green or golden kiwis can be used.

	Metric	US	Imperial
Ripe kiwi fruit	6	6	6
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Unrefined granulated sugar	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	550 ml	2 ¼ cups	18 fl oz

Peel the fruit, and remove the white core at each end. Cut into chunks and put in a liquidiser with the remaining ingredients. Position a large plastic sieve over a measuring jug and strain the pulp to extract most of the seeds. Make up to 550 ml with water. Pour into moulds allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing.

Mango

As discussed elsewhere in this book, a well-flavoured mango is hard to find when you want it, so the frozen chunks of mango flesh now available in supermarkets are an option. Perhaps more readily available is the canned pulp, but check the label. You want only the natural pulp, not the sweetened variety. We recommend the variety called Alphonso because the flavour seems better than most. In fact we once fed an entire food conference a mango ice which they assumed had been made from fresh mangoes. We had used this brand of pulp, but we didnâ€™t own up.

	Metric	US	Imperial
Mango pulp	300 ml	1 1/4 cups	10 fl oz
Lemon juice	5 Tbsp	5 Tbsp	5 Tbsp
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz

Combine the ingredients together in a measuring jug then make up to 550 ml with water. Leave aside for about 10 minutes to give the sugar time to dissolve. Stir and pour into the moulds allowing about 1cm/1/2 inch clearance at the top for expansion during freezing.

Mint & Lime

Roseâ€™s Lime Juice was first produced in 1876 in Edinburgh, Scotland, by Lauchlin Rose, who also patented this method of preserving lime juice without adding alcohol. It is internationally available. It makes a sharp-tasting, very refreshing sucker but perhaps a little too sour for children.

	Metric	US	Imperial
Good quality lime juice cordial	500 ml	2 cups	16 fl oz
Fresh mint leaves, washed and dried	12 large	12 large	12 large
Makes about	600 ml	2 1/4 cups	20 fl oz

Pour the lime juice into a measuring jug and make up to 600 ml with cold water. Pour about 100 ml of this into a liquidiser, add the mint leaves and blend for a minute. Position a fine sieve over a measuring jug and strain the mint mixture back into the rest of the mix. Press the pulp firmly to extract all the flavour then stir and pour the blend into the moulds allowing about 1 cm/1/2 inch clearance at the top for the ice to expand during freezing.

Orange

In this recipe we have gone back to a rather old-fashioned cookery practice of which Mrs. Beeton might have approved. It consists of rubbing sugar cubes over the orange skins to extract just the flavoured oil, but no pieces of peel. It is a bit of a tedious process, so by-pass it if time is short, but it helps to make a lolly with a stonking natural flavour.

	Metric	US	Imperial
Sugar cubes	45 g	8 large or 12 small	1 1/2 oz
Freshly squeezed orange juice (4 large oranges)	400 ml	1 2/3 cups	13 1/2 fl oz
Lemon juice	2 Tbsp	2 Tbsp	2 Tbsp
Concentrated organic orange squash (optional)	2 Tbsp	2 Tbsp	2 Tbsp
Makes about	550 ml	2 1/4 cups	18 1/2 fl oz

Put the oranges in a bowl of hot, soapy water then scrub lightly with a brush to remove the surface wax from the fruit. Dry the oranges well before rubbing the skins all over with the sugar cubes until they too are orange. Drop the cubes into a measuring jug then position a sieve on top. Squeeze and strain the juice into the jug. You should have 400 ml. Add the lemon juice then stir in the concentrate, if used. Make the mix up to 550 ml with cold water. Pour into moulds allowing about 1 cm/1/2 inch clearance at the top for the ice to expand during freezing.

Pineapple

Pineapple is not a natural partner with milk or cream, but made as a straightforward ice it is at its best. The best way to tell if a pineapple is ripe enough to use is the smell. Leave it standing up on the work surface. When the fruit is ready its smell will fill the kitchen.

	Metric	US	Imperial
Peeled and cored pineapple flesh	600 g	22 oz	22 oz
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Lemon juice	2 Tbsp	2 Tbsp	2 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz



Put all the ingredients together in a liquidiser and blend until smooth. Position a large plastic sieve over a measuring jug and strain the pineapple pulp. You will need to help it through the sieve and keep going until all but about a tablespoon of pulp remains. Make up to 550 ml with water. Pour the mix into the moulds allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing.

Dark Rum & Milk

	Metric	US	Imperial
Whole milk	500 ml	2 cups	16 fl oz
Dark rum	4 Tbsp	4 Tbsp	4 Tbsp
Unrefined granulated sugar	6 Tbsp	6 Tbsp	6 Tbsp
Makes about	550 ml	2 ¼ cups	18 fl oz

Combine all the ingredients in a jug and stir frequently until the sugar dissolves. Pour the liquid into the lolly moulds, allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing. Freeze overnight.

Sangria

Straightforward to make with a good flavour but probably not suitable for young children. Because of the alcohol content these will need to remain overnight in the freezer to become sufficiently frozen to serve.

Mix all the ingredients together. Leave aside for about 10 minutes to make sure the sugar has dissolved then pour into the lolly moulds allowing about 1 cm/½ inch clearance at the top for the ice to expand during freezing.

	Metric	US	Imperial
Red wine	250 ml	1 cup	8 fl oz
Unrefined granulated sugar	70 g	⅓ cup + 1 tsp	2 ½ oz
Small can lemonade	150 ml	⅝ cup	5 fl oz
Brandy	1 tsp	1 tsp	1 tsp
Orange juice	2 Tbsp	2 Tbsp	2 Tbsp
Lemon juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	550 ml	2 ¼ cups	18 fl oz

Strawberries & Cream

Tastes good and definitely lives up to its title.

	Metric	US	Imperial
Strawberries	300 g	10 oz	10 oz
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Condensed milk	6 Tbsp	6 Tbsp	6 Tbsp
Lemon juice	2 Tbsp	2 Tbsp	2 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz

Hull and rinse the strawberries under cold running water. Dry the berries thoroughly on kitchen paper. Put all the ingredients into a liquidiser and pulse, stopping at the stage just before the mixture is smooth when the pieces of fruit are still clearly identifiable. Pour into a measuring jug and make the mixture up to 550 ml with water. Transfer the mixture to the moulds allowing about 1 cm/1⁄2 inch clearance at the top for the ice to expand during freezing.

Strawberry or Raspberry

These are superb. We have kept them slightly on the tart side because it makes them all the more refreshing and removes them even further from a commercial flavour.

	Metric	US	Imperial
Fresh strawberries or raspberries, hulled and rinsed	600 g	1 1/4 lb	1 1/4 lb
Caster sugar	6 Tbsp	6 Tbsp	6 Tbsp
Lemon juice	3 Tbsp	3 Tbsp	3 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz

Combine all the ingredients in a processor or liquidiser and blend to a smooth pulp.

Position a fine sieve over a jug and rub the pulp through the sieve. You might need to do this in several batches. Pour the liquid into the assembled containers, then freeze leaving about 1 cm/1⁄2 inch clearance at the top to allow the ice to expand during freezing.

Green Tea & Lemon

A rather adult taste made with quite a strong concentration of green tea. This gives it a moderately bitter edge, rather like Campari, which might not be suitable for young children, but makes for a very fresh-tasting lolly. We much prefer the method of steeping the tea in cold water overnight because it seems to limit the amount of tannins and phenols, but maximises the extraction of fragrances. But if time is short pour boiling water onto the tea, leave until cold and press on. This also works with the other fragrant types of tea (Earl Grey, Lapsang), rather than the strong teas.

	Metric	US	Imperial
Green tea teabags	6	6	6
Lemon juice	3 Tbsp	3 Tbsp	3 Tbsp
Unrefined granulated sugar	6 Tbsp	6 Tbsp	6 Tbsp
Makes about	500 ml	2 cups	16 fl oz

Put the teabags in a measuring jug and make up to 300 ml/11⁄4 cups/10 fl oz with cold water. Cover and refrigerate overnight, preferably 24 hours. Remove the teabags, squeezing each one firmly to extract the liquid. Add the lemon juice and sugar and leave aside for about 10 minutes to allow the sugar time to dissolve. Make up to 500 ml/2 cups/16 fl oz with cold water, stir and pour into the lolly moulds then freeze, allowing about 1 cm/1⁄2 inch clearance at the top for the ice to expand during freezing.



Watermelon

These work surprisingly well and are really refreshing. Use only the coloured flesh of the melon and you need not be too scrupulous about

removing all the seeds before liquidising as these bits will be removed when strained.

	Metric	US	Imperial
Ripe, rinded, watermelon flesh	700 g	1 1/2 lb	1 1/2 lb
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Lemon or lime juice	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	550 ml	2 1/4 cups	18 fl oz

Combine all the ingredients in a processor or liquidiser and blend to smoothish pulp. Position a fine sieve over a measuring jug and strain the pulp to measure 500 ml. Pour the liquid into the containers, leaving about 1 cm/1/2 inch clearance at the top to allow the ice to expand during freezing.

Bombes & Moulded Ices

As Elizabeth David points out, with the dazzling array of metal moulds that started to appear in the 18th century confectioners were able to conjure centre pieces and table decorations that would be fantastic even to the modern eye.

Initially the shapes were simple, that of plain water ice pyramids or obelisks, as these classical, tapering shapes were the most easily removed from the moulds. Fresh fruits were sometimes incorporated into the ice to add to their visual appeal and excite wonder. Making bowls and goblets out of ice was very popular as it gave the contents a magical presentation.

An example of the lavish extravagance and immense skills of the time is found in an account of the banquet in August 1714, when the new Austrian Ambassador to Rome, Giovanni Vincislao Di Galasso, gave a reception, concert and firework display in honour of Empress Elisabetha Cristina dâ€™Austria.

On top of the central table there was a large vase made of ice, coloured to look like alabaster holding a small tree on which were attached 150 individually frozen, moulded fruits; these fruits were filled with their own juices. The â€˜soilâ€™ in which the roots of the tree were planted in the faux alabaster ice urn was made from chocolate foam.

Anyone who has ever worked with moulds to produce frozen individual fruits will appreciate the â€˜logisticsâ€™ of making 150 fruits, all to be ready at the same time. Given the freezing techniques used at this time and the fact that this was achieved in Rome, at the height of summer, it is nothing less than a tour de force.

â€˜Much has been written, and a good deal invented, about the origin of ices and the birth of the ice cream industry. The subject is indeed of some interest, in particular to the social historian. To my mind, however, once given the successful breakthrough in the technique of creating ice, no part of the early saga is more striking than the dazzlingly simple idea of the man, whoever he was, who thought of applying the technique of metal-casting to the production of ice bowls, drinking goblets, and fruit dishes.â€™

ELIZABETH DAVID. HARVEST OF THE COLD MONTHS. 1994.

Antonio de Rossi in 1724 is one of the first to record the making of flavoured ices, moulded in metal forms in small fruit shapes, intended to be eaten.

Brydon in 1774 writing to William Beckford, describes a meal given by the nobility of Agrigentum in Sicily to the local bishop:

â€˜The dessert consisted of a great variety of fruits, and still a greater of ices: these were so disguised in the shapes of peaches, figs, oranges, nuts. &c. that a person unaccustomed to ices might very easily have been taken in, as an honest sea officer was lately at the house of a certain minister of your acquaintance not less distinguished for the elegance of his table, than the exact formality and subordination to be observed at it. After the second course was removed; and the ices, in the shapes of various fruits and sweetmeats, advanced by way of a rear guard; one of the servants carried the figure of a fine large peach to the captain, who, unacquainted with the description of any kind, never doubted that it was a real one; and cutting through the middle, in a moment had one large half in his mouth; at first he only looked grave, and blew out his cheeks to give it more room; but the violence of the cold soon getting the better of his patience, he began to tumble it about side to side in his mouth, his eyes rushing out of water, till at last, able to hold it no longer, he spit it out up in his plate, exclaiming a horrid oath. â€œA painted snowball by God!â€ and wiping away his tears with his napkin, he turned in a rage to the Italian servant that had helped him, with a â€œâ€˜n your macaroni eyes, you son of a b—, what do you mean by that?â€ the fellow, who did not understand a word of it, could not forbear smiling, which still more convinced the captain the more that it was a trick; he was just going to throw the snowball in his face, but was prevented by one of the companyâ€™.

FROM A TOUR THROUGH SICILY AND MALTA IN A SERIES OF LETTERS TO WILLIAM BECKFORD ESQ., OF SOMERLY IN SUFFOLK FROM P. BRYDONE, F.R.S. VOL II LONDON 1774.

In the latter part of the 18th century moulded ices continued to be made but were no longer the novelty they had been in the early part of the century. It was not until the 19th century that moulded ices really â€˜took offâ€™. This happened through the increasing availability and use of both imported and locally farmed ice in England, Italy and Spain, as well as in America, making it possible for moulded ices to be made in the kitchens of the new, wealthy upper classes in the early 19th century. But they still remained something of a rarity due to the cost of the quantities of ice needed and the lack of skilled staff with the knowledge of how to make and mould ices, at a time when literacy was at a low level.

During this period the complexity of the larger moulds increased. Whether this was simply due to the skill of the metal casters, or the refining of the confectioners skills, or merely the requirements of the rich for ever more extravagant displays of their wealth and status, is hard to say.

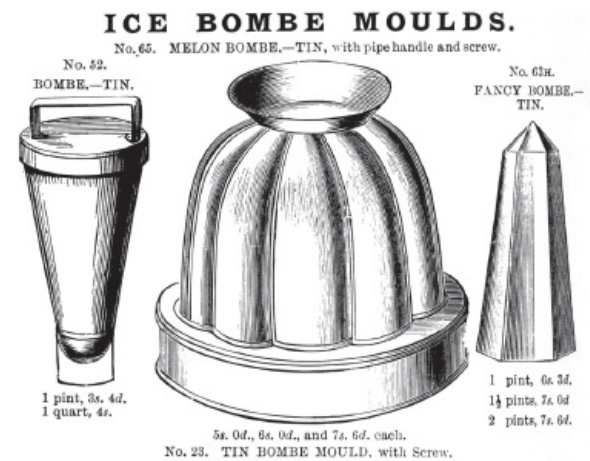
Pewter was the most common metal from which moulds were made, as it melted at a low temperature, cast easily and set fast. Following their initial use as forms for moulding pure water for decorative purposes only, they became more complicated, like that of the pillar mould, with a

removable base and top designed easily to release the flavoured ice. They increased in complexity to the extent that larger and more elaborate moulds could sometimes have as many as 20 hinged parts. A mould of the Statue of Liberty, made by Eppelsheimer in 1876 is probably the most complicated mould ever made; almost 1 metre high (39 inches) it required approximately 17 litres of ice cream (4 ½ US gallons) to fill it.

Pewter shapes could also be as small enough to form individual servings or sweetmeats on the table. Usually formed in two equal parts with a central hinge, these moulds were immensely diverse in shape covering a wide range of fruits, nuts, animals, emblems etc. All are now highly collectible.

Copper was the second choice as a metal for moulds. It offered superior conductivity and could be beaten readily into shapes by a local coppersmith. However it needs lining with tin to prevent acids, e.g. in fruit, reacting with the copper and using tin, being a soft metal which wears, meant the lining had to be maintained.

The Industrial Revolution provided machinery that could stamp out complicated copper moulds, relatively inexpensively. Most of the ornate moulds were intended for jellies and blancmanges. Those intended to mould ices always have a rather simpler shape and will be enclosed by a lid to prevent the salt and ice contaminating the ice cream. Sometimes a pedestal screw that forms a base for the freezing ice cream, unscrews to release the air lock and make it easier to unmould. Unlike pewter, copper ice cream moulds are never hinged as the metal is too soft to be worked in this manner.



In the mid 19th century pewter mould makers thrived in Europe and America. In London, the foremost were Biertumpfel, Englefields, Harton, Benhom and Yates in Birmingham. Pewter moulds were also made in France, (Cadot, Antoine) and in the USA. Here, many makers were in competition with each other, and it is interesting to see the rather more frivolous and quirky moulds they made in contrast to the Europeans. The Americans often favoured large moulds of people, animals, and events. The London-based company of Benham made both copper and pewter moulds which was unusual. Although copper moulds are avidly collected, people interested in the history of ice cream concentrate almost exclusively on pewter moulds.

In England the resurgence of interest in ice cream was spearheaded by Agnes Marshall, a doughty Victorian cookery writer who ran one of the first cookery schools in England in Mortimer Street in London. She published two books on ices. The first was *The Book of Ices*, in 1885, followed by *Fancy Ices*, in 1894. She also developed her own ice-cream churning machine and ice cave (freezer) and sold a wide range of ice cream and sorbet moulds as well as iced water cups in which to serve ice cream. She conducted classes in making and moulding ices where the students would be taught how to make up to 15 ices in one day. Unique in her day, she seems to have been a one-woman industry.

Pewter moulds continued to be made well into the 20th century, especially in the USA, however two world wars, food rationing or shortages and lack of servants, as well as the loss of novelty, -saw their demise in the last part of the 20th century.

Making Moulded Ices

Whatever you have ever read about moulded ices or bombes, treat with a great deal of suspicion. An ice that eventually emerges as a sorry-looking melting mass, with a granite hard core that resists even a hot knife, we would judge as having not “worked”™. Using this as our criterion, we believe that the majority of recipes have not been tested, because with the knowledge we now have, we know they would never work. Since this type of dessert takes time and trouble and uses expensive ingredients, it is something you would probably only do for special occasions; all the more reason to look for guaranteed results.

Moulding ices is not straightforward. You have to overcome several inbuilt design problems to achieve a respectable-looking turned-out mould which is a combination of different ices and flavourings, and which can readily be cut and served.

The first thing to consider is the mould. **If you have any antique ice-cream bombes or metal moulds we strongly recommend that these are kept solely to decorate your kitchen and not put to any practical use. The metals may well be toxic.**

However, before rushing out to buy expensive new moulds pause and consider if you are likely to get sufficient use out of them to justify the expense. One of the most successful moulds is a simple plastic pudding basin. It conducts hot and cold temperatures quickly and is flexible. This flexibility is important because it allows the bowl to be squeezed gently to deform the shape slightly, pulling the bowl out of contact with the frozen ice cream. This allows air up into the base of the mould and releases the air lock which deposits the ice neatly on to the plate. The ice can then be decorated with all manner of cream, fruit or chocolate to disguise the humble origin of the shape and it can be smoothed with a knife to modify the angle of the base.

If you consider it worth the outlay, then of the types that are available (see Equipment [page 46](#)) we would recommend you choose one of the following:-

1. Tin-lined copper bombe

A plain, classic beehive shape. This has a lid on the base and screw in the rounded top that is removed to release the air lock when turning out the ice. Expensive. See Useful Addresses [page 324](#).

2. Aluminium bombe

Various plain shapes, from tall rounded conical to beehive shape similar to above. No screw to release the air lock; but the metal is soft enough to be flexible so the mould can be gently squeezed to release the ice in the same manner as the plastic bowl described above. Cheap.

3. Silicone moulds

The recently developed silicone moulds for baking are also ideal for moulding ices. Just check that they will withstand the temperatures of up to -25Å°C (-13Å°F) in your freezer. These may require support in the freezer to keep the ice cream level in the mould. Moderately priced.

Decorated moulds, e.g. those primarily used for cakes, can require careful filling to avoid air pockets and they are not so easy to turn out. Since the very nature of ice cream is to melt, some blurring of the detail is inevitable and often the result is disappointing if you had been expecting a duplicate of the tin, in ice cream or sorbet.

Since writing our last book, hinged moulds have all but disappeared from the market. Of the very few makers that remain the French company of Cadenet (see Useful Addresses) offers the most varied selection.

We do not recommend using pottery for moulding ices. Such basins, even if they will withstand freezing, have no flexibility and hold the heat, which causes an unnecessary amount of melting to the outside of the ice. Freezer-to-oven glassware can be used.

NOTE: There seems to be some confusion between chocolate and ice-cream moulds. The difference is very simple; ice-cream moulds are always sealed with either a lid or a base. Chocolate moulds are usually in two, separate halves held together with clips and are open-ended in order that melted chocolate can readily be poured in and out to build up sufficient layers to make a casting.

Bombe Mixtures

It is almost impossible to make a successful bombe out of one type of ice cream because it cannot be thawed evenly throughout. But there are two exceptions:

1. Moulds that are small enough to serve as individual portions are small enough to thaw uniformly.

2. Large moulds are successful if the ice cream is made and the mould filled and frozen for no more than 2 hours. At this stage the outside is frozen hard enough to successfully unmould the ice and the centre has not had sufficient time to be fully hardened; so just 10-20 minutes in the fridge will soften the outside sufficiently for the entire bombe to cut nicely when served. (In fact, when moulds were in their heyday in the 19th century that is how moulded ices and bombes would have been made. The ice caves in which the bombe/moulds were frozen would have achieved temperatures similar to a modern freezer but would not have been capable of sustaining these temperatures for long periods without the frequent addition of quantities of salt and ice; which makes it arguable that the modern freezer is the bane of good ice-cream making as it takes ices down to temperatures that are really low.)

Nowadays, the aim is to achieve a uniform consistency throughout the turned-out ice, soft enough to eat but firm enough to serve. This is only achieved by using one type of ice or ice cream for the lining and another for the centre. The lining can be either an ice cream or a sorbet, the centre needs more consideration. Given that air, when it displaces water, gives a softer ice, the core must be an ice that contains a higher proportion of air than the outer shell.

More air can be trapped most readily in beaten egg or cream; alternatively, alcohol lowers the temperature at which the mixture will freeze so makes a softer ice. So any of these elements singly or in combination, are needed to make up the central core of the bombe.

For making medium to large bombes our favourite method is to use a **spoom** ([pages 216, 227](#) and [230](#)) for the centre of a bombe. A spoom is simply a sorbet into which beaten egg-white has been added. The presence of the beaten egg whites and the air which they entrap is sufficient to keep the centre soft. This type of ice is easily made and light and fresh in flavour. Also now that pasteurised egg whites are available there is no longer any risk in using uncooked egg whites in a spoom.

You can also get good results using a **parfait** ([page 71](#)) inside a bombe as this mixture contains both beaten egg and alcohol. This ice is more complicated to make and gives a richer, more luxurious flavour for the grander occasions.

Alternatively use a recipe that contains alcohol as it will be softer and easier to serve from the freezer, such as **Baileyâ€™s Original Ice Cream** ([page 94](#)).

NOTE: Since moulds come in all shapes and sizes be prepared for some recipes to be in excess of what is needed to fill a mould. Sometimes it is either impractical or mathematically impossible to scale down recipes to get the exact amount. It is much simpler to make up a full recipe and store any excess.

Assembling Bombes

To make bombes needs patience as it takes time to get each ice to the right consistency for each stage. For the classic style of bombe, in two or more layers, start making at least a day in advance.

Always chill the mould for at least 30 minutes in the freezer, before putting the lining (outside) ice into the bombe mould. It is important to have the lining ice cream at a fairly stiffly frozen consistency where it can be pushed into position and stay there. After a brief freezing, about 30 minutes, it will probably need some adjustment and repair work to smooth it out and make sure that it is an even thickness.

Freeze the outside layer until firm, then put in the centre, making sure that it is firmly packed and that there are no air pockets.

Leave a small gap at the top of the mould for expansion as ices expand about 5% during freezing. Cover with a round of freezer-layering tissue or waxed or greaseproof paper, put on the lid and freeze for a minimum of 2 hours or overnight.

To turn out the bombe/mould we have found that dipping it into a bowl full of lukewarm water is the best method. (Hot water melts the surface of the ice too much; cold water simply freezes on the exterior of the container and hot towels are difficult to handle and are awkward to arrange so that the whole surface of the mould gets an even heat.)

So, taking it directly from the freezer, plunge the mould up to its neck in warm water (35Â°C/95Â°F) for 10 seconds, and dry the mould with a cloth. Remove the lid and peel off the lining paper. Invert on to a chilled plate or dish and gently squeeze the mould if plastic or aluminium to release the air lock, unscrew the plug if copper, and the ice should come cleanly away from the mould.

If any repairing is needed, i.e. smoothing over the surface, this is done now and the iced bombe returned to the freezer just long enough to re-freeze the surface, about 30 minutes or until needed. Put in the fridge for 10-20 minutes to soften sufficiently for serving. You can always try a trial cut to make sure the inside is softened sufficiently, and repair the cut with a melamine spoon or the blade of a knife dipped in warm water before you serve the bombe.

If you are going to decorate the bombe we prefer a decoration which gives the diner some clue as to the contents of the bombe.

Bombe Recipes

The list of classic bombes, at the end of this chapter, gives an idea of how to match harmonising flavours. All sorts of permutations are possible using the ices in this book, provided you stick to the rules we suggest.

However, making a classic-style bombe is a fairly lengthy process, and the result is rich. Below are some suggestions for bombes/moulds more quickly made of lighter types of ices – perhaps more suited to today’s tastes.

A final tip. In company with Ivan Day and John Gauder we spent a long weekend trying to mould ices in all the most complicated moulds that we possessed. We found that with a little practice, amazingly successful moulded ices can be made. Most surprising was that sorbet on the outside keeps the shape of the mould and thaws slower than ice cream. Some of the results of this weekend can be seen on Ivan Day’s website www.historicfood.com.



Strawberry Sorbet & Framboise Ice-Cream Ring

Using the **Easy No-Cook Philadelphia Vanilla Ice Cream** cuts down some of the work and adding the framboise marries it very successfully with the light, fresh-tasting **Strawberry Sorbet**. Using a ring mould means that it can be assembled in one go. The ring makes a very attractive summer ice cream if the centre is filled with summer soft fruits and served with a red berry sauce. Using these basic ideas many other combinations are possible using other no-cook ice cream and sorbets in the book.

Metric	US	Imperial
One recipe Easy No-Cook Philadelphia Vanilla Ice Cream (see page 236)		
Framboise liqueur	2 ½ – 3 Tbsp	
One recipe Strawberry or Raspberry Sorbet (see page 254)		

You will need a 1.75 litre/7 ¼ cup/60 fl oz ring mould.

Make the ice cream according to the recipe (see [page 236](#)), reducing the amount of vanilla to ½ tsp and stirring in the framboise liqueur just before churning. Transfer to the fridge to harden sufficiently to use; not more than 2 hours.

Then make up the sorbet as per recipe and refrigerate until firm enough to scoop. Thirty minutes before you estimate the ices will be ready to assemble, put the ring mould in the freezer.

When ready, fill the mould with alternate large spoonfuls of sorbet and ice cream, pressing each addition firmly up against the preceding ice. Cover with freezer-layering tissue and freeze.

Unmould according to instructions, turning out on to a well chilled plate. Immediately fill the centre with a combination of prepared summer fruits and decorate with fresh leaves, and return to the fridge for about 20 minutes to soften sufficiently. Serve with a red berry sauce.

Blackberry Spoom & Sorbet Bombe

This bombe uses a single basic sorbet mix, half of which is used as a sorbet for the lining, the other half combined with meringue to make a spoom to form the soft inner core. Very light, very fresh-tasting, utterly delicious, it contains no cream at all.

	Metric	US	Imperial
One recipe Blackberry Sorbet (see page 104)			
Pasteurised egg whites	2	2	2
Granulated sugar	65 g	1/3 cup	2 1/4 oz

You will need a bombe mould of approximately 1 1/2 litres/6 cups/50 fl oz capacity. Make the sorbet mixture and divide the liquid mix in two. Make the first part into a sorbet and line a bombe mould with it, making sure the walls are of an even thickness. Freeze till solid.

In a medium-sized grease-free bowl beat the egg white with a hand-held electric beater until it forms soft peaks, then gradually add the sugar and continue beating until it forms stiff peaks. Take the second half of the sorbet mix and fold the liquid into the meringue, a little at a time, making sure that the puree is completely mixed with the meringue. Pour into the centre of the bombe and freeze.

To turn out follow the instructions on [page 260](#).



Christmas Cake Ice Cream with Brandy Parfait

After the heaviness of a Christmas dinner this bombe is a welcome relief from Christmas pudding.

The two recipes combined make 2.2 litres/9 cups/72 fl oz so you can make two bombes, using plastic pudding basins as moulds to echo the traditional Christmas pudding basin shape. And we strongly recommend making 2 — 1 litre/4 cup/ 32 fl oz bombes rather than one large one. Smaller bombes are easier to thaw and serve.

One recipe **Christmas Cake Ice Cream** (see [page 135](#))

One recipe **Brandy Parfait** (see [page 71](#))

NOTE: This is sufficient to serve 12-16 people. Helpful when catering for a large number of people.

Make the **Christmas Cake Ice Cream** according to the recipe and freeze for about 1-2 hours until it is the right consistency to line a bombe mould. Even if you are using plastic moulds it is a good idea to chill them for 30 minutes in the freezer. Line the moulds and freeze. Check after about 1 hour in the freezer and neaten, if necessary. While they are freezing, make the parfait and when it is ready pour into the centre of the moulds. Cover with freezer film or greaseproof paper and freeze overnight. To turn out follow the instructions on [page 260](#).

Christopher™s Bombe Surprise

This recipe comes from a very innovative cook, Josceline Dimbleby. Back in the eighties she was at her peak, turning out little gems like a small paperback called Sweet Dreams, published by Sainsbury's™, the supermarket chain. She has allowed us to print this recipe from her book which, as she describes it, is an ice cream with a sharp lemon flavour which encloses an amazing filling of grated dark chocolate which spills out when cut open. This recipe came to the fore when we started writing about the difficulty of dealing with the granite hard core of a frozen bombe. It completely solves the problem in a very different and interesting way. Serves 8.

	Metric	US	Imperial
Pasteurised egg whites (see page 59)	2	2	2
Juice of 3 lemons, to equal	50 ml	1/4 pint	5 fl oz
Caster sugar	175 g	3/4 cup	6 oz
Powdered gelatine	1 tsp	1 tsp	1 tsp
Whipping/ heavy cream (36% fat)	300 ml	1 1/4 cups	1/2 pint
Not less than	175 g	6 oz	6 oz
Good quality, plain, dark chocolate grated, or whizzed to the size of rice grains in a food processor			

Put the egg whites in the bowl of an electric stand mixer, set the machine in motion and leave to whisk until stiff.

Meanwhile, quickly put the strained lemon juice into a small saucepan with the caster sugar and gelatine. Stir over a low heat until the sugar has dissolved then bring to the boil and boil briskly for 3 minutes. Remove the pan from the heat and immediately pour into the egg whites in a thin stream, whilst the machine remains whisking at high speed. Continue to whisk until cooled to blood heat.

Pour the chilled cream into a separate bowl and whisk until it will just hold a shape. Gently combine the two mixtures, folding them together with a large spoon to retain the air.

Pour the mixture into a chilled 1.2 litre/2 pint plastic or freezer-friendly glass pudding basin. Work the mixture up the side of the basin, leaving a hollow in the middle. Cover with clingfilm and freeze for at least 5 hours.

When frozen, scoop out the ice cream from the centre leaving a neat hollow; reserve the removed ice cream in a bowl. Spoon in sufficient grated chocolate to fill the cavity then smooth the softened, reserved ice cream over the top to enclose the chocolate. Cover again with cling-film and return to the freezer for at least 1 hour.

To unmould see [page 260](#). The mould can be kept in the fridge for up to 30 minutes before serving, otherwise return it to the freezer, then allow it about 15 minutes in the fridge to soften sufficiently before serving.

Bombe Marie

In 1996 I had the pleasure of working with a delightful lady, Mary Berry. She is a well established and trusted cook in the UK and can be relied on to come up with the best solutions for all manner of cookery dilemmas. Here, she came up with a very clever recipe for moulding two flavours of ice cream in two ordinary glass pudding basins with the minimum fuss. The mould is lined with rum- and coffee-flavoured ice cream with an inner layer of grated chocolate and vanilla ice cream at the centre. Do not be intimidated by the length of the method, it is very simple and straight-forward and once you have done it, I am willing to bet you will do it again. What better endorsement is there for a recipe? The recipe originally appeared in her book, Mary Berry at Home, published by the BBC to accompany a television series and there are more lovely recipes in there.

	Metric	US	Imperial
Instant coffee	2 tsp	2 tsp	2 tsp
Boiling water	2 tsp	2 tsp	2 tsp
Eggs	7	7	7
Caster sugar	200g	1 cup + 2 tsp	7 oz
Whipping/ heavy cream (36% fat)	450 ml	1 3/4 cups	15 fl oz
Vanilla extract	1 tsp	1 tsp	1 tsp
Brandy	2 Tbsp	2 Tbsp	2 Tbsp
Grated chocolate	175g	6 oz	6 oz

You will need 1 Å— 2.25 litre (4 Å¼ U. S. pint/76 fl oz) and 2 Å— 900ml (2 U. S. pint/30 fl oz) freezer-proof bowls to make the bombe. Before starting the recipe, put the bowls in the freezer. You will also need an old, clean standard-size cotton reel or something of a similar size diameter).

Measure the instant coffee into a cup and mix with the boiling water. Leave on one side to cool.

Separate the eggs, putting the whites in a large, grease-free bowl and the egg yolks in a separate bowl. The next stage involves a lot of whisking so use an electric hand whisk if you have one. Start by whisking the egg whites until they stand in firm peaks, then gradually whisk in the measured sugar, a teaspoon at a time. When all the sugar has been added and the mixture has formed a stiff, shiny meringue, briefly whisk the egg yolks, then whisk the cream just enough for it to thicken to a floppy consistency. Combine the yolks, cream, vanilla into the egg whites so that it is evenly mixed “ this is easily done using a balloon whisk. Fill 1 Å— 900ml (30 fl oz/ 2 U. S. pint) chilled bowl to the top with some of the mixture. Cover with clingfilm or freezer film and replace in the freezer.

Mix the cooled coffee and brandy into the remaining vanilla-cream mix and pour into a large measuring jug. Remove the remaining bowls from the freezer. Position the cotton reel centrally in the base of the large bowl and stand the smaller bowl on top of the cotton reel. Check that the smaller bowl is centred and carefully pour the coffee-brandly mixture into the gap between the two bowls until the mix reaches the rim. Holding the bowls firmly in place, carefully replace them in the freezer. Freeze all the ice cream for a minimum of four hours.

Remove the small bowl of vanilla ice cream from the freezer and leave at room temperature for 15 minutes. Meanwhile take the large bowl from the freezer. Rinse out a clean cloth in hot water and put it in the smaller central bowl. Repeat, rinsing the cloth once or twice more until the inner bowl has warmed sufficiently for you to twist it and then remove it.

Tease out the cotton reel and use the bowl of a spoon to fill and smooth over the hole. Leave for several minutes so that the ice cream melts slightly, then use half the grated chocolate to evenly coat the hollow left by removing the smaller bowl. It helps if you use a large spoon to spread,

then gently press the chocolate onto the sides of the hollow.

Take the small bowl of vanilla ice cream and dip it, for a count of 15-20, in a bowl of hot water. Cover one hand with a sheet of clingfilm and turn the ice cream out onto it. Immediately turn the ice cream into the matching chocolate-lined cavity in the coffee brandy ice cream and press it firmly to bond all the layers together. Spread the top flat with a palette knife, cover with clingfilm or freezer film and replace in the freezer. Freeze again for at least 8 hours.

Dip the bowl in hot water for the count of ten. Then invert on a serving dish. Quickly sprinkle the ice cream with the remaining grated chocolate, cover with cling-film or freezer film. (Picture [page 265](#))

TO SERVE: Thaw for about 15 minutes in the fridge, cut in wedges like a cake, and serve. It helps to use a hot, wet knife for cutting.

TO FREEZE: Freeze completely covered with grated chocolate for up to 1 month

Bombes

This selection of bombes is taken from *Ma Cuisine* by Auguste Escoffier, Flammarion & Cie, Paris, 1934, and *Cooking À la Ritz* by Louis Diat, who was the chef at the Ritz Carlton, New York, published by *Restaurant Trade Journal*, London, c. 1930.

It will give some idea of the wide variety of types of bombes that exist. In fact the name of the bombe can frequently describe completely different combinations of ices in any one bombe depending on the source of the recipe.

There seems to be no definitive guide or list, but *Herrings Dictionary of Classical and Modern Cookery*, originally *Lexicon der Kuche*, has 147 different combinations and *Repertoire de la Cuisine* has 126. Although many of these are common to both lists, each has a number of unique ones.

Name	Lining, ice cream	Centre
Aida	Strawberry	Kirsch and maraschino
African	Chocolate	Praline
Alsacienne	Pistachio	Chocolate
Bordelaise	Pistachio	Apricot
Camargo	Peach	Kirsch
Chinese	Vanilla	Tea containing diced sponge cake in rum
Diplomat	Vanilla	Kirsch & Marischino & crystalised fruits soaked in kirsch
Duchesse	Orange sorbet	Kirsch
Favorite	Chestnut	Apricot
Florida	Tangerine	Curaçao
Olympia	Peach	Brandy-flavoured peach, with peaches soaked in brandy
Richelieu	Raspberry sorbet	Anisette
Sarah Bernhardt	Strawberry	Caramel
Suzette	Vanilla	Chartreuse
Tosca	Praline	Chocolate



Sauces & Syrups

After labouring to produce good, home-made ice cream, it seems less than sensible to cover it with a sauce that does not enhance it. We would like you to serve your homemade ice cream with the best, so we have given careful thought and consideration to the recipes below, with, as they say in cookery books, some interesting serving suggestions.

Apricot Sauce

In a taste test comparing fresh, raw, poached, canned, jammed and dried apricots, the dried variety gave the best flavoured sauce. Delicious with all the cr me fra che, sour cream, buttermilk and almond ices. So good, it goes with all manner of hot sponge cakes and puddings    and is delicious spread on bread.

	Metric	US	Imperial
Dried, no soak*, apricots	250 g	8 3/4 oz	8 3/4 oz
Sugar Syrup (see page 70)	250 ml	1 cup	8 fl oz
Juice of lemon	1	1	1
Makes about	375 ml	1 1/2 cups	12 fl oz

Some no soak apricots are rather chewy so put them in a small pan with the sugar syrup and bring slowly to the boil. Cover and leave aside until cold.

Process the contents of the pan with the lemon juice. It will need 2-3 minutes to become a slightly rough puree.

Taste. The sauce will be fairly thick. Thin with water or additional lemon juice if preferred. Serve hot or cold. Will keep in a small covered container in the fridge for at least a week.

*These are soft dried apricots that can be eaten without cooking.

Hot Blueberry Sauce

Blueberries benefit from being served hot. It brings forward to the maximum the sometimes elusive flavour of cultivated blueberries, but the sauce can be served cold if you prefer. If serving with some of the speciality dairy ices, (buttermilk, cr me fra che, and goat  s milk) try adding just a little gin to the sauce.

	Metric	US	Imperial
Fresh blueberries	300 g	2 cups	10 oz
Unrefined granulated sugar	65 g	1/3 cup	2 1/2 oz
Juice of lemon	1	1	1
Vanilla extract	1/2 tsp	1/2 tsp	1/2 tsp
Makes about	500 ml	2 cups	16 fl oz

Rinse the berries in cold water. Drain and turn onto a tray lined with kitchen paper. Roll the berries to and fro, picking out any green or damaged berries or any stalks. Tip into a saut   pan and add the sugar and the strained lemon juice. Cover with a lid and put over a low heat for 8 minutes. Remove the pan from the heat. Add the vanilla, stir to mix, then taste and adjust the flavour with more sugar and add lemon juice: Serve hot or cold.

Butterscotch Sauce

Can be served hot or cold and will keep happily for up to three weeks in the fridge in a screw-top jar. As the sauce cools it will thicken, so served straight from the fridge it is usually preferable to thin it with a little water, or if you are going for bust, cream.

	Metric	US	Imperial
Soft light brown sugar	75 g	1/2 cup packed	2 3/4 oz
Unrefined granulated sugar	50 g	1/4 cup	4 Tbsp
Unsalted butter	50 g	4 Tbsp	4 Tbsp
Golden syrup	150 g	1/2 cup	5 1/4 oz
Whipping/heavy cream (36% fat)	125 ml	1/2 cup	4 fl oz
Vanilla extract	1/4 tsp	1/4 tsp	1/4 tsp
Makes about	500 ml	2 cups	16 fl oz

Combine the first 4 ingredients together in a saucepan and cook over a very low heat until the ingredients have melted and most of the sugar dissolved. Raise the heat a little to bring the mixture to a gentle boil and leave to cook in this manner, uncovered, for 5 minutes, stirring occasionally. Remove the pan from the heat and stir in the cream and vanilla extract. The sauce is now ready to serve.

Double Chocolate Sauce

What we have aimed for here is an intense chocolate sauce with the minimum of unnecessary additives or additions.

	Metric	US	Imperial
Cocoa powder	1 1/2 Tbsp	1 1/2 Tbsp	1 1/2 Tbsp
Unrefined granulated sugar	165 g	3/4 cup + 1 Tbsp	5 3/4 oz
Butter	30 g	1/4 stick	1 oz
Chocolate (85%)	100 g	3 1/2 oz	3 1/2 oz
Lemon juice	1 tsp	1 tsp	1 tsp
Salt	1/4 tsp	1/4 tsp	1/4 tsp
Makes about	500 ml	2 cups	16 fl oz

Combine the cocoa powder and sugar with 375 ml/1 Â½ cups / 12 fl oz of water in a small saucepan.

Bring to the boil, and then boil gently for 5 minutes, stirring occasionally. (Watch the pan very carefully because the mixture behaves like milk and is prone to boiling over.) Remove the pan from heat and leave aside for 10 minutes before stirring in the butter, then the chocolate. When these have dissolved add the lemon juice and salt.

Serve warm or cold. This sauce will keep in a jar in the fridge for up to 3 weeks.

When required sit the jar in hot water before using.

Sharp Chocolate Sauce

You will probably taste this sauce and think we have got it wrong; it is verging on the sour. But please, before reaching for the sugar, try it with ice cream. It works, it works really well.

	Metric	US	Imperial
Chocolate (70-75%)	100 g	3 1/2 oz	3 1/2 oz
Butter	30 g	1/4 stick	1 oz
Buttermilk	4 Tbsp	1/4 cup	4 Tbsp
Makes about	185 ml	3/4 cup	6 fl oz

In a small heavy saucepan combine the chocolate, broken into squares, and the butter. Put the pan, preferably on a heat deflector, over a low heat and leave chocolate to melt, stirring occasionally. When melted and smooth gradually stir in the buttermilk. If this is added all at once the chocolate will seize and go granular, then it will need whisking, keeping it over a low heat to get rid of the granular texture.

Serve the sauce, hot, spooned over ice cream. Can be stored in a lidded jar in the fridge for up to a week. To re-heat, remove the lid, zap in the microwave for a minute at 600W, stir briskly (it will look awful). Add a minute dash of water from the cold tap. Stir again and the sauce will be smooth and hot and ready to serve.

Chocolate Fudge Sauce

This can rightly be described as all-purpose. As a sauce it can be served hot or cold, but it also has the advantage of remaining the same consistency as an ice cream when frozen and so makes an excellent ripple in vanilla, banana, chestnut, coffee or pear ice creams.

	Metric	US	Imperial
Soft light brown sugar	50 g	1/3 cup packed	1 3/4 oz
Unrefined granulated sugar	25 g	2 Tbsp	2 Tbsp
Unsalted butter	50 g	4 Tbsp	4 Tbsp
Golden syrup	150 g	1/2 cup	5 1/4 oz
Cocoa powder	1 Tbsp	1 Tbsp	1 Tbsp
Whipping/heavy cream (36% fat)	185 ml	3/4 cup	6 fl oz
Plain/semi-sweet chocolate, chopped	50 g	1/3 cup	1 3/4 oz
Vanilla extract	1/4 tsp	1/4 tsp	1/4 tsp
Makes about	400 ml	1 2/3 cups	14 fl oz

Combine the first 4 ingredients together in a saucepan, and add the sieved cocoa powder. Cook over a very low heat until the ingredients have melted and most of the sugar dissolved. Raise the heat a little to bring the mixture to a gentle boil and leave to cook in this manner, uncovered, for 5 minutes. Remove the pan from the heat and stir in the cream, then the chopped chocolate and vanilla. When the chocolate has melted return the pan to the heat, bring to the boil and boil gently for 1 minute, whisking steadily. The sauce will now be smooth. Allow to cool a little before serving

hot or serve at room temperature, or chilled. The sauce will keep in the fridge in a screw-top jar for up to 3 weeks. As the sauce cools it will thicken, so served straight from the fridge it will probably need thinning with a little additional cream.

RIPPLES

If you intend using **Chocolate Fudge Sauce** in this way, work to a basic formula of 125 ml/Â½ cup/4 fl oz of (room temperature) sauce to 1 litre/4 cups/32 fl oz of freshly made ice cream.

We recommend using a rectangular plastic freezer box about 1Â½ times the capacity needed, as this will give enough space to fold the 2 mixes together without losing any overboard.

Quickly spread half the freshly churned ice cream in a layer covering the base of the box, then blob small spoons of half the sauce on top to give an erratic layer; donâ€™t attempt to spread it. Repeat the layering with the remaining ice cream and sauce then use a large spoon to turn the mix over from top to bottom of the box about 3 times. This should haphazardly combine the 2 mixtures leaving clear seams of fudge sauce patterned throughout the ice cream. Cover and freeze in the usual way.

Milk Chocolate Sauce

Use your favourite cheap chocolate to make this very easy, child-friendly sauce.

	Metric	US	Imperial
Whipping/heavy cream (36% fat)	250 ml	1 cup	8 fl oz
Milk chocolate (broken into sections)	225 g	8 oz	8 oz
Makes a scant	500 ml	2 cups	16 fl oz

Microwave method

Pour the cream into a medium-sized microwaveable bowl. Cover with a plate and microwave on high for 1Â½ minutes. Remove and add the chocolate pieces. Recover and leave aside for about 5 minutes. Whisk until smooth.

Saucepan method

Bring the cream to the boil in a saucepan. Remove the pan from the heat and add the chocolate pieces. Cover and leave aside for about 5 minutes. Whisk until smooth, and then serve.

Cider Sauce

With red and white wines being too emphatic in flavour, a cider-flavoured sauce makes a happy alternative to serve with ice creams, and puddings in general, come to that. A non-vintage, dry cider like Scrumpy Jack, the brand used here, is a very useful kitchen staple.

	Metric	US	Imperial
Potato flour	2 tsp	2 tsp	2 tsp
Dry cider	600 ml	2 ½ cups	20 fl oz
Cloves	2	2	2
Sultanas/ Golden raisins (optional)	100 g	⅓ cup	3 ½ oz
Juice of lemon	1	1	1
Unrefined sugar	2 Tbsp	2 Tbsp	2 Tbsp
Makes just over	500 ml	2 cups	8 fl oz

Mix together the potato flour and about 2 Tbsp cider taken from the measured amount. Pour the potato flour blend and the remaining cider into a small non-stick pan. Add the cloves, and sultanas if used. Bring to the boil stirring then adjust the heat to give a gentle boil and cook uncovered for 10 minutes.

Remove from the heat and add the lemon juice, and sugar to taste. Remove the cloves. Serve warm or cold. Suits a host of ice creams, but not the chocolate or nut-based varieties.

Light Lemon & Sultana Sauce

The simplest sauces seem to work best with ice cream. This one has a clean, clear and slightly sharp flavour that counterbalances richness. It goes particularly well with apple and pear ice creams.

	Metric	US	Imperial
Lemon	1	1	1
Cornflour/ Cornstarch	1 Tbsp	1 Tbsp	1 Tbsp
Unrefined granulated sugar	110 g	½ cup + 2 tsp	3 ¾ oz
Sultanas/golden raisins	50 g	⅓ cup	1 ¾ oz
Makes about	375 ml	1 ½ cups	12 fl oz

Wash and dry the lemon. Remove the zest, preferably using a lemon zester, or finely grate into a small saucepan. Mix with the cornflour and sugar; then using a small whisk, gradually blend in 250 ml/1 cup/ 8 fl oz of cold water. Bring to the boil over a moderate heat, stirring. Boil gently for 2-3 minutes, and then remove the pan from the heat. Add the strained juice of the lemon and the sultanas. Serve warm or cold. Use within a day.

Marmalade Sauce

A gentle but definite marmalade flavour. We used Frank Cooper's Vintage marmalade to test the recipe which has coarse cut Seville orange peel in it, so you may prefer to strain the sauce before serving.

	Metric	US	Imperial
Seville orange marmalade	6 Tbsp	6 Tbsp	6 Tbsp
Potato flour	1 tsp	1 tsp	1 tsp
Lemon juice	1 tsp	1 tsp	1 tsp
Unrefined granulated sugar	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	250 ml	1 cup	8 fl oz

Spoon the marmalade into a small non-stick saucepan.

Measure 250 ml/1 cup/ 8 fl oz of water into a measuring jug. Then use about 2 Tbsp of the measured water to blend with the potato flour in a small bowl; then add the blend and the remaining water to the pan containing the marmalade.

Bring to the boil stirring frequently, then continue to boil gently, uncovered, for 5 minutes. Remove the pan from the heat and add the lemon juice and sugar. Taste and adjust the flavour if you see fit. Serve warm or cold. Good with basic chocolate ice creams and gelato, or any of the dairy-type ices.

Fresh Mincemeat Sauce

A strange title, because this is a delightful old-fashioned recipe. It is taken from the magnificent classic, The Constance Spry Cookery Book. We have had the cheek to modify it slightly. The original recipe fries the slivered almonds in a little butter before adding the fruits and frying quickly for 3-4 minutes. There is nothing to stop you doing that, especially if you would like to serve the sauce hot. Or try the recipe below without butter and zapped in a microwave. Whichever method serve the same day, hot and spooned over dairy ices or cold as a base for ice creams and sorbets; delightful.

	Metric	US	Imperial
Peeled, halved and seeded white grapes	115 g	4 oz	4 oz
Dessert apple, cored and diced	1	1	1
Bananas, halved lengthwise and sliced 1/2 cm/ 1/4 inch thick	1-2	1-2	1-2
Glace or maraschino cherries quartered	6	6	6
Butter (optional see above)	1 Tbsp	1 Tbsp	1 Tbsp
Shredded almonds, toasted	45 g	1/3 cup	1 1/2 oz
Rind and juice of lemon	1	1	1

Sugar syrup, to taste, (see page 70)

OPTIONAL

Serving cold add 1-2 Tbsp orange flower OR rosewater

If serving hot add a little rum or gin

Serves 3-4

Put all the prepared fruit in a bowl with the zested lemon rind. Cover with clingfilm/Saran wrap (make 2-3 air holes in it) then microwave for 2 minutes at 900W. Remove and stir in the nuts, rind and lemon juice. Taste and add sugar and flavourings if required.

Passion Fruit Sauce

An exotic, fresh-tasting, orange-red opaque sauce; using the whole fruit maximises the colour of the sauce.

	Metric	US	Imperial
Passion fruit	8	8	8
Potato flour	2 tsp	2 tsp	2 tsp
Sugar Syrup (page 70)	125 ml	1/2 cup	4 fl oz
Juice of lime	1	1	1
Additional sugar up to	2 tsp	2 tsp	2 tsp
Makes	500 ml	2 cups	16 fl oz

Wash the passion fruit in hot soapy water; rinse and dry. Quarter the fruit and put in a food processor with the potato flour. Pulse briefly, for about 10 seconds. At this stage the fruit skins will still be quite chunky. Pour the fruit pulp into a small saucepan and add 300 ml/1 1/4 cups/10 fl oz water.

Bring to the boil, and then adjust the heat to give a gentle boil and cook, covered, for a further 5 minutes. Stir from time to time.

Remove the pan from the heat. Position a fine sieve over a bowl and press the fruit, to extract as much liquid as possible. (The bowl of a soup ladle is quite good to exert pressure, without rubbing the fruit through the sieve.)

Add the sugar syrup and lime juice then stir and taste. Add a little more sugar, about 2 teaspoons, to balance the sweetness, if preferred. Serve warm or cold.

Good served over or under fruit- and cream-based ice cream. Great with rice ice cream.

Peach or Nectarine Sauce

	Metric	US	Imperial
Peach or Nectarine	450 g	1 lb	1 lb
Icing/confectioners sugar	2-4 Tbsp	2-4 Tbsp	2-4 Tbsp
Lemon juice (if needed)	squeeze	squeeze	squeeze
Makes about	500 ml	2 cups	16 fl oz

These need peeling first, so put the fruit in a large heat-proof bowl and pour in boiling water to cover. Leave aside for 3 to 5 minutes depending on the ripeness of the fruit, then drain, cool and peel.

Halve the fruits following the natural cleft, twist between both hands to part the two halves, and then remove the stones.

You can process the fruit with half the sugar until chunky or until smooth. It need not be sieved. Taste adding sugar and perhaps lemon juice to get the best flavour. Store in a sealed container in the fridge until ready to serve.



Pineapple Sauce

Shop-bought pineapple sauce is not nice, usually having a peculiar glue-like consistency. This home-made version is very easy to make and with good fresh pineapples available all year round in our supermarkets, it is no problem.

	Metric	US	Imperial
Ripe, prepared pineapple	450 g	1 lb	1 lb
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Brandy, kirsch or gin (optional)	1 Tbsp	1 Tbsp	1 Tbsp
Makes	375 ml	1 1/2 cups	12 fl oz

Put the peeled, cored pineapple pieces into a small saucepan with the sugar syrup and just sufficient cold water to cover. Bring to simmering point then cover and boil gently for 15 minutes. Remove the pan from the heat and drain the fruit. (The syrup is delicious as a drink diluted with a little sparkling water.)

Liquidise the fruit to a puree. Add the brandy, kirsch or gin and mix well, if liked.

Serve cold. Use to top off a classic **Knickerbocker Glory** ([page 295](#)) or **American Parfait** ([pages 71](#) to [72](#)). Good with any of the dairy ices.

Raspberry Sauce

This works equally well with strawberries.

	Metric	US	Imperial
Raspberries	450 g	1 lb	1 lb
Icing/confectioners sugar	2-4 Tbsp	2-4 Tbsp	2-4 Tbsp
Lemon juice (if needed)	squeeze	squeeze	squeeze
Makes about	500 ml	2 cups	16 fl oz

Rinse the berries in cold water, dry by rolling the berries around on a tray lined with kitchen paper. Puree with half the sugar until smooth. Taste and adjust sweetness if necessary. Sieve, and add lemon juice if required.

Redcurrant Jelly Sauce

To repeat our usual mantra; use a good quality redcurrant jelly, the best would be home-made.

	Metric	US	Imperial
Redcurrant jelly	4 Tbsp	4 Tbsp	4 Tbsp
Potato flour	1 tsp	1 tsp	1 tsp
Sugar	2 tsp	2 tsp	2 tsp
Cassis	1 Tbsp	1 Tbsp	1 Tbsp
Makes about	220 ml	7/8 cup	7 fl oz

Spoon the redcurrant jelly into a small, non-stick pan. Measure 250 ml/1 cup/8 fl oz of water then use about 2 Tbsp of the measured water to blend with the potato flour in a small bowl; add the blend and the remaining water to the redcurrant jelly in the pan. Bring to the boil, stirring frequently and squashing down the jelly lumps. The jelly is reluctant to melt, but it will.

Boil gently, uncovered, for 5 minutes. Remove the pan from the heat and add sugar and the cassis. Taste and increase the sweetness if you prefer.

Serve warm or cold. This will keep, covered, in the fridge for up to 3 days.

Use with fruit-based ices and on plates or in glasses before serving ice cream.

Black Rum & Mint Sauce

We have arrived at this title because we used Gosling’s Black Seal Bermuda Rum. Any good full bodied rum will do. This gives a clear, dark-honey-coloured sauce with an equal balance of each flavour in it. A personal favourite.

	Metric	US	Imperial
Unrefined granulated sugar	380 g	2 cups	13 fl oz
Lemon	1	1	1
Mint sprigs	40 g	1/2 cup firmly packed	1 1/2 oz
Dark rum	5 Tbsp	5 Tbsp	5 Tbsp
Makes about	600 ml	2 1/2 cups	20 fl oz

Put the sugar in a medium-size non-stick pan and pour in 250 ml/1 cup/8 fl oz water.

Scrub the lemon in soapy water to remove the wax, rinse and dry. Using a potato peeler, remove the yellow zest of the skin in strips. Put this into the pan with the sugar and water.

Bring slowly to the boil then adjust the heat to give a gentle boil, uncovered for 10 minutes. Meanwhile, thoroughly rinse and dry the mint sprigs.

Remove the pan from the heat and add the mint. Cover and leave at room temperature until cold. Squeeze and add 4 Tbsp/ 1/4 cup strained lemon juice and the rum. Cover and chill in the fridge. Strain before serving.

Excellent with basic chocolate ice creams and gelatos and exotic fruit ices.

The strained sauce will keep in the fridge for about 1 week.

Russian Toffee Sauce

For one half of this partnership, Russian toffee means a combination of chocolate and toffee. Quite where this conviction comes from no one seems to knowas it is not recognised by any authority we have consulted.

Russian toffee does not appear to have any origins in Russia but the first mention we have found is in Skuseâ€™s Complete Confectioner, 13th edition (1957), where it is described as toffee coated in chocolate, which sounds like a standard caramel chocolate. But Skuse makes it with evaporated milk and â€™Russian Toffee Flavour C 2603â€™ about which we knownothing and there does not appear to be any records of the companyâ€™s products. At which point we retired exhausted.

Our recipe for Russian toffee has been developed so that it does not freeze solid and remains soft in a domestic freezer. This means it is useful in and on ice creams. Our feeling was you would use it more often as a sauce, hence its place in this chapter.

This is a perfect balance of toffee and chocolate.

*A guide line when making this sauce: **Time it**, because scarcely 1 minute can mean the difference between a pouring sauce and a lump of chewy toffee.*

	Metric	US	Imperial
Butter	100 g	1/4 cup	3 1/2 oz
Honey	100 g	1/2 cup	3 1/2 oz
Dark chocolate	100 g	3 1/2 oz	3 1/2 oz
Unrefined granulated sugar	100 g	1/2 cup	3 1/2 oz
Makes about	275 ml	1 1/8 cups	9 1/2 fl oz

Put all the measured ingredients into a pan with a tablespoon of water. Stir over a low heat, timing from the outset, until the sugar has dissolved; this will probably take about 5-6 minutes.

If you want to use this as a sauce, remove the pan from the heat at this stage and serve warm, or store the sauce in a covered container in the fridge. The consistency can be made runnier simply by adding a little water if you wish to serve it cold.

Warm the sauce by sitting the container in hot water.

To marble through ice cream (**Sour Cream Ice Cream with Russian Toffee**, [page 223](#)) cook a further 2 minutes before removing and cooling. When cold this should give a consistency that drops lazily from the spoon. If it is too thick it will need less than an additional tablespoon of water to become runny enough.

Follow the instructions in the sour cream recipe for marbling this mixture through any ice cream of your choice.

Rose Pouchong Tea Syrup

Other teas can be used, jasmine, gunpowder, green, all the oolongs and pouchongs; just choose a flavour that marries best with the sorbet or ice to be served. For example, we suggest: Red Bean Ice Cream with green tea syrup and Mango Sorbet with jasmine tea syrup.

The trick is not to overheat the tea and have it release its tannin; warming and prolonged soaking gives the flavour without the bitterness, to produce a sauce that is subtly sharp with smoke and flower overtones.

	Metric	US	Imperial
Sugar syrup (see page 70)	250 ml	1 cup	8 fl oz
Rose pouchong tea	2 Tbsp	2 Tbsp	2 Tbsp
Lemon or lime juice	1/4 - 1/2 tsp	1/4 - 1/2 tsp	1/4 - 1/2 tsp
Orange flower water	1/4 - 1/2 tsp	1/4 - 1/2 tsp	1/4 - 1/2 tsp
Makes about	250 ml	1 cup	8 fl oz

Pour the syrup into a small saucepan and add the tea leaves. Heat just until the syrup is hand hot, then remove from the heat.

Once the syrup has cooled, cover it and chill overnight in the fridge. The following day strain the liquid through a fine sieve or tea strainer, pressing the leaves firmly to extract the maximum flavour. Stir in the lemon or lime juice and orange flower water. The syrup is then ready to serve.

NOTE: When using teas other than rose pouchong omit the orange flower water.

Caramel Syrup

The sauce that follows is in the â€™dispensing syrupâ€™ tradition of the soda fountain. We describe howto make a caramel syrup that can be kept indefinitely in the fridge. You can dip into it at will; combine say, 80 ml/ â€™...â€™ cup/ 2 3/4 fl oz syrup with 125 ml/ 1/2 cup/ 4 fl oz heavy cream to make a caramel sauce â€™ or any concentration preferred, right down to using the syrup straight.

	Metric	US	Imperial
White granulated sugar	315 g	1 1/4 cups	11 oz
Water	125 ml	1/2 cup	4 fl oz
Makes about	250 ml	1 cup	8 fl oz

Preferably use a medium-sized heavy stainless steel pan. Using a coated pan, with a dark interior, makes it more difficult to assess the darkening of the sugar syrup.

Add the sugar and water to the pan and leave alone, over a low heat for 5 minutes. By this time the majority of the sugar will have dissolved. Turn up the heat to between moderate and high. Swirl the contents of the pan and time for a further 5 minutes. **From this point on watch the pan and do not leave the stove.**

As the syrup continues to darken, probably around the 5-minute mark, lift and gently swirl the contents of the pan. This reduces the boiling foam and allows you to get a better idea of how much the syrup is darkening. As soon as it reaches a deep runny-honey brown, remove the pan from the heat and sit it in the empty sink.

WITH GREAT CARE add a further 150 ml/1/2 cup plus 2 Tbsp/5 fl oz water. The syrup will erupt, splutter and bubble. Return the pan to the heat. Reheat, swirling the syrup making sure that it is evenly dissolved. Cover and leave aside to cool and thicken. Store in a closed container in the fridge. It keeps indefinitely.

This handles more readily if the container sits in hot water to loosen the syrup before using.

Strong Coffee Syrup

To be honest this is a bit of an effort to make because the syrup has a longish boiling time during which you need to be around to keep an eye on it. But once made it keeps almost indefinitely in the fridge. It resembles molasses in colour and consistency and has a strong coffee flavour, far better than anything you can buy, and it is not too sweet. Use sparingly in floats and sundaes, in thin drizzles across plates and over ices. Goes with chocolate, pear, banana, nut and any of the basic cream ices.

	Metric	US	Imperial
Water	500 ml	2 cups	16 fl oz
Coffee beans	75 g	1 cup	2 1/2 oz
Unrefined granulated sugar	500 g	2 5/8 cups	17 1/2 oz
Instant coffee	100 g	1 5/8 cups	3 1/2 oz
Makes about	450 ml	1 3/4 cups	15 fl oz

Select a solid, deep pan, 20 cm/8 inch diameter. Measure the ingredients into the pan and bring to the boil over a moderate heat, stirring. As soon as the mixture comes to the boil adjust the heat to low, so the mixture boils gently. Insert a sugar thermometer if you have one and leave the mixture to boil slowly for about 35 minutes. Keep a very close watch on the pan during this time, stirring the mix carefully, slowly and frequently. If the mixture boils up to the rim of the pan immediately lift the pan above the heat and the mixture will subside; do not stir it at this stage as it can make the syrup boil up more vigorously. If using a digital probe thermometer take a temperature reading regularly after 30 minutes until the temperature of the syrup is 108-110Â°C, about 226-230Â°F.

Have ready a fine-metal sieve positioned over a heat-proof jug. Pour the contents of the pan into the sieve and leave to drain for about 5 minutes. Discard the contents of the sieve and remove the scum from the surface of the syrup then transfer to a lidded container and label. When cold store in the fridge. Keeps almost indefinitely.

Herb-Infused Syrups

This idea was born as a result of trying to get a clear syrup that delivered a good, fresh, herb flavour, because quite a few of the basic herbs and spices meet and match the flavours of ice creams in this book. Aiming for the simplest method we hit on the idea of using Karo light corn syrup. This clear, transparent syrup is an American staple for desserts like pecan pie and while it is not exactly readily available outside the USA it is worth pursuing in specialist food shops (see Useful Addresses [page 324](#)). What it does is give a thick enough consistency for a sauce without being too sweet. We found that the addition of unrefined sugar helped the flavour and gave an additional thickness to the sauce which was needed when the herb and lime juices were added; a whole series of checks and balances, in fact. Fear not, it is very simple to make. The pale-amber-tinted syrup keeps in the screw-top jar in the fridge almost indefinitely. Serve sparingly because they are quite strongly flavoured. Try the mint or rosemary flavours with all manner of chocolate ices or any of the plain dairy ices such as yoghurt, goat's milk, crème fraîche, buttermilk, ricotta etc. Either syrup is surprisingly good with an ice like Rose's Lime Marmalade for example, or fruit ices such as strawberry, gooseberry and rhubarb. These syrups work with many types of ice creams.

Mint-Flavoured Syrup

	Metric	US	Imperial
Karo light corn syrup	250 ml	1 cup	8 fl oz
Unrefined granulated sugar	4 Tbsp	4 Tbsp	4 Tbsp
Fresh mint leaves, rinsed and dried	40 g	1 1/2 oz	1 1/2 oz
Lime juice	1 1/2 tsp	1 1/2 tsp	1 1/2 tsp
Makes about	250 ml	1 cup	8 fl oz

Measure the corn syrup into a microwaveable measuring jug. Stir in the sugar and cover with clingfilm. Punch some holes in the film then

microwave at 900W for 1 minute. Remove the jug, uncover and stir, then re-cover and microwave again for a further 1 to 1 ½ minutes. Remove the jug at the first sign of the liquid boiling. Uncover and gradually add the mint, rubbing the leaves between the palms of the hands and letting them drop into the liquid syrup. Stir, cover and leave aside for 15 minutes.

Strain the syrup through a fine sieve, then pick up and squeeze the remaining leaves hard in your hand to extract as much flavour as possible. Add the lime juice, cover and refrigerate overnight. This enables the syrup to reach its maximum thickness. It will form a skin but this stirs back into the syrup with no problem. Once cold, stir the syrup gently or you will generate air bubbles which can detract from the appearance if you are aiming at a restaurant-standard presentation.

VARIATIONS: Rosemary. Instead of mint substitute 30 g/ 1 oz/ 1 oz rosemary, leaves only, washed and dried.

Lavender. Instead of mint, substitute 30 g/ 1 oz / 1 oz lavender flowers, washed and dried.

NOTE: The “drier” varieties of herbs work best; the more lush herbs can make the syrup a tad too liquid. If you want to experiment, spices like cardamom, star anise and cinnamon work well also. Combine with the syrup and sugar before microwaving.

Candied Orange Zest with Syrup

The chef’s version of this is to “pare” the orange skin, slice into hair-like strips, blanch, and then boil up several times in ever more concentrated syrup. Lengthy business, so we have by-passed some of it. What you cannot do without is a good lemon zester.

The result is a mass of orange strips in an orange-flavoured syrup. The strips alone can be drained and teased out to use as decoration on ices or plates and the syrup only, used in small puddles on plates. In general, use sparingly. This will keep almost indefinitely in a plastic box in the fridge.

	Metric	US	Imperial
Very firm oranges	6	6	6
Sugar syrup (see page 70)	500 ml	2 cups	16 fl oz
Makes about	500 ml	2 cups	16 fl oz

Put the oranges in a bowl of hot water with a squirt of washing-up liquid. Leave for a few moments and then rub with a clean cloth to remove all the wax from the orange skin. Rinse well, drain and dry. (If all the protective wax/oils are not removed it forms a dark scum on the surface of the syrup. If this happens, skim off with a spoon.)

Use a small pan (18 cm/7 inch) and pour in 375 ml/ 1 ½ cups/12 fl oz of cold water. Now working with a citrus zester over the pan, remove the zest from the oranges working in long sweeps from the top to the base of the fruit.

Bring the pan to the boil, then cover and simmer for 15 minutes. Strain the strips discarding the water.

Pour the syrup into the pan and add the orange zest. Bring to the boil then adjust the heat so the syrup bubbles, without boiling over, time for 15 minutes. Remove the pan from heat and allow to cool. Store syrup and strips in a container in the fridge.

Wafers, Cones, Biscuits, Toffee, Taffy & Brittles

“I don’t make good ice cream for you to go smother it in Jimmies”

DICK WARREN, OWNER SOUTH SEAS ICE CREAM,
CENTERVILLE. MAINE. USA.

(hundreds and thousands)

Our views are completely in line with our late friend Dick Warren, who sadly died in 2009; the ice should be the star. We see no need to add anything that doesn’t positively complement the ice.

Ice-Cream Wafers

This recipe makes a plain, very thin, light, crisp biscuit, suitable to accompany all manner of sweet ices. When oven-baked they can be curled in the manner of tuiles, but these biscuits are not quite malleable enough to take kindly to shaping into cigarettes. However, should you become the proud possessor of an electric ice-cream cone (or pizelle) maker (very similar to an electric waffle iron, see [page 52](#)) we think you will find our recipe preferable to any supplied by the manufacturers of these machines.

	Metric	US	Imperial
Icing/confectioners sugar	150 g	1 cup	5 ¼ oz
Unsalted butter (at room temperature)	65 g	¼ stick	2 ¼ oz
Egg whites (approx 160 ml/⅔ cup/5 ½ fl oz)	4	4	4
Plain/all purpose flour, sifted	175 g	1 ¼ cups + ½ Tbsp	6 ¼ oz
Cornflour /cornstarch	1 tsp	1 tsp	1 tsp
Sesame or poppy seeds (optional)	3-4 Tbsp	3-4 Tbsp	3-4 Tbsp

Makes about 10-12 wafers

To oven bake

Preheat the oven to 190°C/375°F/Gas Mark 5. Use non-stick baking trays, otherwise line with silicone baking paper greased sparingly with tasteless oil.

To prepare the mix, sift the icing sugar into a bowl, and then use your hands to rub in the butter. Once no free sugar remains, you can use a hand beater or an electric beater to beat the mix until it becomes paler in colour and lighter in texture. Now add the egg whites a little at a time, beating until smooth between each addition. Finally, combine the flour and cornflour, sift into the bowl, and then fold in until the mixture is smooth.

Use a palette knife to spread the mix thinly into 10 cm/4 inch circles on the (prepared) baking trays.

NOTE: This mixture does not spread much during baking. The biscuits can be left plain, or sprinkled with sesame or poppy seeds before baking, if liked. Bake in the centre of the oven for 6-8 minutes. Remove immediately from the tray using a palette knife and either curl (see directions for forming tuiles opposite) or leave to cool lying flat on a wire rack.

To use an electric cone-maker

Leave the machine to heat until it reaches the correct temperature. It might be necessary to lightly oil the cooking surfaces before the first wafer is baked but not thereafter. Put 1 Tbsp of mix in the centre of the base plate, bring down the top lid and use the clip to clamp the base and top handles firmly shut. If a little too much mix has been used, some of it will quickly flow out around the edge, but by the second or third attempt you will be able to gauge almost exactly the amount required just to cover the base plate and no more. Cook until uniformly golden brown, usually about 90 seconds. You can lift the lid to see how the cooking is progressing – it will not break the wafer.

As soon as it is sufficiently browned remove the wafer and with a clean cloth to protect your hands, form it into a cone. You can do this “free-hand” or more readily using a wooden cone-shaped form (see Useful Addresses [page 324](#)). Make sure the wafer cone is sufficiently cooled and firm enough to hold its shape before leaving to cool on a wire rack. Eat the same day.

NOTE: Once you know the exact quantity of mix the machine will take, it is possible to obtain a sesame or poppy seed-edged cone by sprinkling the perimeter of the base plate with seeds, then spooning the mix into the centre; cook and roll in the same way.

Almond Wafer Biscuits

This recipe produces a very crisp, thin biscuit (or cookie) with a subtle almond texture and flavour – nothing like the wafers associated with commercial ices. We decided to make it our basic wafer biscuit – as many ices combine beautifully with this flavour. It can be made into four shapes; two to accompany ice cream, and two to contain it. Whichever shape you opt for, a flexible palette knife and an abundant supply of non-stick silicone paper are a must.

Then you need to close the kitchen door and concentrate, because this type of biscuit needs precision, speed and accuracy, starting with the biscuit mix. Measure this as accurately as possible because a teaspoonful here or there can make the difference between success and failure. Once you get accustomed to the way the mix bakes in your oven (accurate timing will give a consistent result), the next critical point is gauging the cooling and degree of flexibility of the biscuits. Don’t panic and rush to remove the biscuit from the baking tray the instant it comes out of the oven. Hold on for 30 seconds or so (exactly howlong depends on the thickness of your baking tray and therefore howmuch it

retains the heat), then quickly roll, press or drape the biscuits into the shape of your choice. If it is too hot, the biscuit will be very fragile and tear easily. If it gets too cool, it will become too crisp or brittle to roll. One last point; the shaped biscuits take a surprising time to become crisp after baking; they need time to cool, and then some, before they are fully crisp. Stored in an airtight container at this stage, they will keep for up to 1 week.

	Metric	US	Imperial
Butter	3 Tbsp	3 Tbsp	3 Tbsp
Plain/all purpose flour	3 Tbsp	3 Tbsp	3 Tbsp
Cornflour/cornstarch	1 Tbsp	1 Tbsp	1 Tbsp
Ground almonds	4 Tbsp	4 Tbsp	4 Tbsp
Egg whites	2	2	2
Caster sugar	85 g	1/2 cup minus 1 Tbsp	3 oz
Almond extract	a few drops	a few drops	a few drops
Makes about	36	36	36

Position the oven shelf centrally and preheat to 220°C/425°F/Gas Mark 7.

Line 2 baking trays with non-stick silicone paper and grease the paper with a solid piece of butter. (Melted butter will not coat this type of paper as evenly as solid butter does, and treated in this way the biscuits lift off in the cleanest possible way.)

Melt the 3 Tbsp of butter in a small saucepan and leave to cool. Sift together the flour and cornflour and combine with the ground almonds and almond extract.

If using a food processor

Combine the egg whites and sugar in the bowl and process for about 10 seconds. Add the combined flour, cornflour, ground almonds and the almond extract. Replace the lid, set the machine in motion and pour in the cooled butter in a thin stream via the funnel. Stop and scrape down the base and sides of the bowl; add the almond extract, blend briefly once more, then the mix is ready to use.

If making by hand

Whisk the egg whites until they form soft peaks then gradually whisk in the sugar. Now fold in alternate amounts of the combined flour, cornflour, ground almonds and the almond extract, then the cooled butter, in about 3 steps until all have been incorporated into a smooth mix. Lastly stir in a few drops of almond extract, and the mix is ready to use.



CIGARETTES (BACK)
ALMOND TUILES (FRONT)

TO SERVE WITH ICE CREAM

Almond Tuiles

These curved wafer biscuits are formed by bending hot almond wafer biscuits around the curve of a rolling pin, giving the characteristic shape of Provençal roof tiles, hence the name. Have a rolling pin ready (the thinner type is better for these biscuits; it does not need greasing) and about 4 Tbsp of flaked almonds. Allowing about 3 biscuits per tray, drop scant dessertspoons of mix, spaced well apart, on to the prepared trays. Use a palette knife or the back of a spoon to spread out the batter evenly and very thinly into rounds about 9-10 cm/3½-4 inches in diameter. Sprinkle with the flaked almonds then bake for 5-7 minutes. When ready the biscuits will have a clearly defined, golden-brown outer

rim while the centre remains a very pale yellow.

Remove from the oven and allow to cool for a few seconds. (Here, if you move quickly, the second tray can be put into the oven to bake and a timer set.) Now, using the palette knife, quickly remove the biscuits from the tray to the rolling pin, keeping them nut side up. If you protect your hand with a clean cloth, the biscuits can be gently squeezed to the shape of the rolling pin. Leave to cool for a few minutes then transfer to a wire rack so you are ready for the next batch. Prepare the third batch of biscuits for baking in exactly the same way but give the baking tray time to cool before lining with paper, greasing and spreading the batter.

Cigarettes

Make the biscuits as for the tuiles, but omit sprinkling with flaked almonds before baking. On removal from the oven roll them into thin cylinders around the handle of a wooden spoon. Leave to set for 1-2 minutes before withdrawing the spoon handle. Transfer the biscuits to a wire rack until crisp.

TO CONTAIN ICE CREAM

Cornets or Cones

Make the biscuits as for tuiles, omitting the flaked almonds and using a little more mix; spread the mix out to rounds 14-15 cm/5½-6 inches in diameter. On removal from the oven form into cone shapes. It is just possible to do this “free-hand” but it is much easier to roll them around a wooden form (see Useful Addresses [page 324](#)).

NOTE: Sadly, cream-horn moulds produce a cone too small for most purposes. You should aim to produce a cone that has a top diameter comparable to that of the average ice-cream scoop, about 5 cm/2 inches.

Tulipes

Make the biscuit as for the comets, spreading the mix out in circles of about 15 cm/6 inches before baking. Have ready an upturned glass with a base about 5 cm/2 inches in diameter. On removal from the oven, place the hot biscuit centrally on the glass; then, with your hands protected with a cloth, press the biscuit gently down the sides of the glass to form a frilled-edge, cup-like container. Some recipes may suggest forming tulipes over an orange but a glass gives a flatter base and therefore a more stable container when served on a plate.

Brandy Snaps

A successful biscuit to serve with ices. Although the usual cylindrical shape of Brandy Snaps is not particularly appropriate to serve with ices, if left as a flat biscuit, or curved in the manner of tuiles (see recipe on previous page), or formed into comets or tulipes to contain ice cream, the brandy snap recipe works well. The ginger flavour is not obtrusive, and works particularly well with ices such as pear or melon, or the ginger can be left out, if you prefer.

Please read the introduction to the recipe for **Almond Wafer Biscuits** as those guidelines also apply to the making and baking of Brandy Snaps.

	Metric	US	Imperial
Golden syrup	115 g	1/3 cup	4 oz
Unrefined granulated sugar	115 g	2/3 cup + 2 tsp	4 oz
Butter	115 g	1 stick	4 oz
Plain/all purpose flour	115 g	3/4 cup + 2 Tbsp	4 oz
Ground ginger	1 tsp	1 tsp	1 tsp
OR			
Lemon rind	1 tsp	1 tsp	1 tsp
Lemon juice	1 tsp	1 tsp	1 tsp
OR			
Brandy	1 tsp	1 tsp	1 tsp

Makes about 12 brandy snaps

Position the oven shelf centrally and preheat the oven to 160°C/325°F/Gas Mark 3. Line 2 baking trays as directed for **Almond Wafer Biscuits** (see [page 278](#)).

In a heavy saucepan combine the syrup, sugar and butter and heat gently, stirring, until the butter has melted and the sugar dissolved. Remove from the heat and leave to cool slightly before sifting in the flour, the ginger or lemon rind and the lemon juice or brandy.

Drop teaspoons of mixture on to the prepared baking sheets, spacing them at least 7.5 cm/3 inches apart. Bake for about 8 minutes or until the mixture has spread out to a very thin, brown, bubbly-topped disc, slightly darker brown around the edge. Remove from the oven, and leave to cool for a few seconds. Have a palette knife to hand, then as soon as the biscuits are firm enough to remove from the tray without damage, but still very flexible, proceed to form them into the shape of your choice.

NOTE: The remaining uncooked mix will get firmer as it gets colder. Indeed, it gets to the stage where the mix can be formed into small balls by hand and patted on to the baking tray. These will spread thinly with the heat of the oven and the resulting biscuits will be exactly the same as the first.

CORNETS OR CONES (BACK) TULIPES (FRONT)



Flat Brandy Snaps

These can be used to decorate or accompany coupes of ice cream and can be as small or large as you wish; simply adjust the amount of mix to give the size of biscuit you choose and, once baked, transfer to a wire rack to cool.

Curved Brandy Snaps

*Follow the directions given for forming **Almond Tuiles** (see [page 279](#)).*

Cornets and Tulipes

*Follow the instructions given under **Almond Wafer Biscuits** (see [page 278](#)).*

NOTE: We do not recommend shaping this mix into cigarettes as this produces a biscuit that is hard to bite.

Allspice Biscuits

This biscuit recipe was a happy discovery some years ago in Nathalie Hambro’s™ book Particular Delights; we have been churning them out ever since. They are thin-nish, black, very crisp, spiced biscuits, light years away from anything you will find in a packet. The allspice, cocoa-pepperiness goes well with chocolate, nut (particularly walnut) and coffee ices.

	Metric	US	Imperial
Plain/all purpose flour	225 g	2 cups minus 2 Tbsp	8 oz
Baking powder	1 tsp	1 tsp	1 tsp
Ground allspice berries	1 tsp	1 tsp	1 tsp
Freshly ground black pepper	1/2 tsp	1/2 tsp	1/2 tsp
Cinnamon	1/2 tsp	1/2 tsp	1/2 tsp

Cocoa powder	85 g	1 cup minus 2 Tbsp	3 oz
Butter (at room temperature)	170 g	1½ sticks	6 oz
Unrefined granulated sugar	225 g	1 cup + 2 Tbsp	8 oz
Vanilla extract	1½ tsp	1½ tsp	1½ tsp
Egg	1	1	1
Makes about	48	48	48

Sift together the first 6 ingredients and set aside. In a large mixing bowl, beat the butter, sugar and vanilla extract until pale and light. Whisk the egg briefly then add in stages to the butter mix beating well between each addition. Fold in the sieved dry ingredients, stirring just sufficiently to form a dough. Have ready a sheet of silicone paper measuring 40 Å— 20 cm/16 Å— 8 inches.

Shape the dough into an even sausage, about 30 cm/12 inches in length, and roll up in the paper. Slide on to a baking tray to prevent it distorting or breaking, then transfer to the fridge to chill until firm; about 3 hours.

When ready, preheat the oven to 190Â°C/375Â°F/Gas Mark 5. Use either non-stick baking trays or line with silicone paper; moisten a piece of kitchen paper with tasteless oil and wipe over both tray or paper. Use a sharp knife to cut the dough into 5 mm/ Å¼ inch thick slices. Arrange a little apart on the baking trays to allow for some expansion during baking.

Bake for 10-12 minutes, changing the trays around in the oven halfway if the biscuits seem to be baking unevenly. The biscuits are done when they resist the imprint of a finger. Be careful not to overbake them; because they are nearly black, you need to look at them carefully to detect signs of over-baking. Use a spatula to transfer the biscuits to a wire rack to cool.

Honeycomb Toffee/Taffy

This is delicious. Also known as cinder toffee, it is like the filling of a Fryâ€™s CrunchieÂ® bar. The toffee alone, i.e. not covered in chocolate, can be bought in plastic bags in â€œseaside sweetie shopsâ€™ or can be purchased usually alongside candy floss on Britainâ€™s few remaining piers. Why this should be a seaside feature we do not know. However the quality is variable with some toffees having a good caramel flavour, others are merely sweet, so making it yourself is the safest bet.

The recipe does look a bit frightening but please try it. We guarantee you will make it again and again. The toffee adds wonderful texture and flavour scrunched over many of the ice creams in this book.

NOTE: Best to have children well away whilst making the toffee. When adding the bicarbonate of soda the toffee billows up instantly. Be very careful.

	Metric	US	Imperial
Golden syrup	75 g	3 Tbsp + 1 tsp	2 ¾ oz
Liquid glucose	140 g	5 Tbsp	5 oz
White sugar, granulated	400 g	2 cups + 1 Tbsp	14 oz
Water	4 Tbsp	4 Tbsp	4 Tbsp
Vinegar (white, malt or cider)	2 tsp	2 tsp	2 tsp
Bicarbonate of soda	1 Tbsp	1 Tbsp	1 Tbsp

You will need a 23 cm/9 inch approx heavy pan and a heatproof measuring jug filled with hot water. Put a sugar thermometer or a digital probe thermometer ready in the water and have a heatproof pastry brush to hand.

Select a shallow tin 35 Å— 25 cm/14 Å— 10 inches. (Roasting tins are often the best in this size range.) Wipe the tin inside with a pad of kitchen paper moistened with oil.

Measure all the ingredients except the bicarbonate of soda into a saucepan. Put the pan over the lowest heat for 10 minutes and leave it alone. Meanwhile have the jug of hot water, thermometer and pastry brush ready by the pan.



Now gently stir the syrup avoiding washing it up the sides of the pan. Use the brush dipped in hot water to wash down the sides of the pan just above the syrup level.

Once the sugar syrup has completely dissolved turn up the heat to between medium and high. Leave the syrup boiling for 5 minutes. Put in the thermometer and leave it until it registers 69°C/156°F.

Now move quickly – remove the pan from the heat, sprinkle in the bicarbonate of soda then whisk briefly to disperse it throughout the liquid, about 6 turns. Immediately pour the billowing, frothing mass into the prepared tin. Leave until cold.

Turn the cold set toffee out onto a sheet of silicone paper, and tap with one end of a rolling pin to break into mouth-sized pieces. Transfer to a plastic bag, squeeze out all the air and seal firmly with a clip or tie tag. Store in a lidded container until ready to use. If the toffee is left exposed to air for much more than 10 minutes it will become sticky and soft. Tightly sealed it will keep happily for months at a time.

Having made this once or twice you can manage without all the paraphernalia of thermometer and washing down the sides of the pan, but play safe and get used to the strictly orthodox way first.

The Mother of all Meringues

This is the restaurant approach to meringues. We are assuming that you have an excess of egg whites and that piping and scooping out meringue shapes could not be further from your mind. Whilst there is nothing to stop you doing that with this recipe, try this approach for speed of production. Just spread the meringue out to cover a baking tray. The baked meringue can then be crumbled or broken at will, as or when it is required, to serve with, on, or around, ice cream.

	Metric	US	Imperial
Egg whites	6	6	6
Caster sugar	250 g	1 1/4 cup minus 1 Tbsp	8 3/4 oz
Icing/ confectioners sugar	250 g	1 1/2 cups + 1 Tbsp	8 3/4 oz
OPTIONAL			
Flaked almonds	2-3 Tbsp	2-3 Tbsp	2-3 Tbsp

To whisk this amount of egg whites a strong, stand mixer is needed, fitted with a whisk attachment. A sturdy electric hand whisk will just about do, but keep it on the move, working constantly through all parts of the mix.

Line a baking sheet, base measurement 36 x 29 cm / 14 x 11 1/4 inches with baking parchment to rise 2.5 cm/1 inch above the edges of the baking sheet. This thickness will bake to a crisp meringue. If a crisp exterior and a soft interior is preferred, line a roasting tin, top inside measurement about 30 x 25 cm/ 12 x 10 inches with parchment.

Moisten a wad of kitchen paper with cooking oil and wipe this all over the parchment as an additional insurance so that the meringue floats off the paper.

Choose a large, grease-free mixing bowl. Add the egg whites and start whisking at high speed. Continue until the egg whites are just stiff enough to hold a peak. Gradually add the caster sugar a spoonful at a time. When all has been added detach the whisk and sift in the icing sugar in about four batches, using the whisk as a hand implement to fold the icing sugar into the meringue.

Spread the meringue evenly in the baking sheet/roasting tin and sprinkle with almonds, if liked.

Transfer to the oven and set the temperature at 120Â°C/ 250Â°F/ Gas Â½.

The thinner meringue will take 2 hours, the thicker one 3 hours. Use the edge of the parchment to lift the meringue just sufficiently to feel that it is absolutely firm in the centre before removing it from the oven. Using the parchment, lift the meringue onto a wire rack to cool. The parchment can be left in place for storage.



Italian Meringue

*In the restaurant business chefs have moved away from the Swiss-style meringue; whisking in half the sugar and folding in the balance, now they boil up a sugar syrup and immediately whisk this slowly into the egg whites, whilst a machine continues whisking at top speed. The boiling syrup cooks/coagulates the egg whites as the air is beaten in thus trapping the air in a firm framework from which it cannot escape. This makes an Italian meringue foolproof, more forgiving, more adaptable and more suitable to todayâ€™s tastes as it is made with sometimes as little as half the sugar. It is even possible to make a batch, freeze it and use it (See **Baked Alaska**, [page 83](#)). The only drawback to making Italian meringue is you will need a sugar thermometer and a stand mixer fitted with a balloon whisk.*

	Metric	US	Imperial
Unrefined granulated sugar	300 g	1 ½ cups	10 ¼ oz
Water	100 ml	¾ cup + 1 tsp	3 ½ oz
Large egg whites OR Egg white	5 200 g	5 7 oz	5 7 oz

Have the egg whites ready in the bowl of a stand mixer fitted with a balloon whisk.

Combine the sugar and water in a small pan and cook over a low heat until the sugar has dissolved. Turn the heat up a little and leave the syrup to boil until it reaches anything from 118-124Â°C/ 245-255Â°F.

Immediately set the mixer to maximum and start pouring in the syrup in a slow, steady stream down the inside of the bowl. Leave the machine to whisk for about 10 minutes. By this stage the mixer bowl will feel barely warm and if you stick a finger in the mix, pull it straight out and point that finger skywards the meringue will, with no problem, hold a long, thin needle-point culminating in a hook at the top. Thatâ€™s it; it is ready to go. You can use it for any sort of mousse, souffl  or pie topping. It can be stored in a plastic lidded container in the freezer and be ready to use, directly from the freezer.

Almond Crumble

A good, back-drop type of flavour that goes with many ices. We prefer to buy the whole almonds with their skins on and grind them down to a fine meal in a food processor, then they seem to have a little more flavour, and being not quite as finely ground as shop-bought ground almonds they give the crumble more of a crunch. After baking and cooling the crumble mix can be bagged, sealed and stored in the freezer for up to 6 months. It can be used in, above or below an ice, i.e. stirred into an ice cream after churning and immediately before freezing, as a light scattering on a plate before topping with ices, or sprinkled over the top.

	Metric	US	Imperial
Whole almonds in their skins	75 g	½ cup	2 ¾ oz
Butter	110 g	1 stick	4 oz
Icing/ confectioners sugar	100 g	½ cup + 2 Tbsp	3 ½ oz
Plain/all purpose flour	100 g	½ cup + 2 Tbsp	3 ½ oz
Makes about	375 g	2 cups	13 oz

Put the almonds into a food processor and pulse until the nuts are reduced to a fine meal. Add the remaining ingredients and pulse until the mixture resembles breadcrumbs. (If working by hand, buy ground almonds and combine with the other ingredients in a bowl. Rub in the butter until the mixture resembles fine bread-crumbs.)

Spread the mixture on a baking tray lined with lightly oiled greaseproof paper, and put into the fridge.

Set the oven to 160Â°C/320Â°F/Gas Mark 3. When the oven is up to heat place the baking tray in the oven and bake for 20 minutes or until the crumble has taken on a pale biscuit colour. Remove and leave to cool. Crumble between the fingers and use as required.

Nut and Seed Pralines/Brittles

If you ever taste home-made and commercial peanut and sesame seed brittles, side by side, it is quite startling to find howmuch better the home-made product is.

*Caramel is comparatively simple to make **but you must take great care when making it**, bearing in mind that it reaches the same sort of temperatures as oil does when deep-frying. Also, the sugar caramelises (darkens) rapidly, so do not leave the pan once you have started to heat the sugar, but give it your undivided attention from start to finish.*

	Metric	US	Imperial
Granulated (white) sugar	100 g	1/2 cup	3 1/2 oz
Add ONE of the following types of nuts or seeds:-			
Almonds whole unblanched, toasted	100 g	generous 3/4 cup	3 1/2 oz
Sesame seeds	55 g	1/3 cup + 1 Tbsp	2 oz
Walnut pieces, shelled,	85 g	3/4 cup	3 oz
Peanuts, roasted	100 g	heaped 1/2 cup	3 1/2 oz
Hazelnuts, skinned, chopped, toasted	50 g	1/3 cup	1 3/4 oz
Some tasteless oil			

Select a good, solid baking tray and wipe over with a pad of kitchen paper moistened with tasteless oil.

Have the nuts or seeds of your choice ready, toasted and still warm in the oven; this stops them clumping together when they are stirred into the caramel.

Put the sugar into a 14-15 cm/5-6 inch saucepan. Cook over a heat slightly less than moderate, leaving the sugar undisturbed until there is a clearly visible edge of liquefied sugar just beginning to tinge brown. Now stir slowly as the sugar liquefies and colours. As soon as the syrup is clear and honey colour, stir in the warmed nuts and continue to stir until the colour is a deep golden brown similar to the darker colour of some honeys. Take great care, immediately pour the mixture on to the baking tray; the large nuts might need spreading out a little. Leave the mixture to cool and harden.



We find it best to break the made praline or brittle into rough pieces then store them in a screw-top jar in the fridge. The pieces can then be crushed to whatever size is preferred for a particular purpose. It will keep for several weeks in a fridge, really until it is sticky, but can be frozen for about a year – only be careful to avoid any moisture coming into direct contact with the mixture as it will start to dissolve.

To crush the sugar/nut mix we prefer using an old-fashioned pestle and mortar as it gives you most control over the degree of fineness. Using a food processor works reasonably well if you want a fine powder, but beware of over-processing or you might end up with a sticky paste.

NOTE: Clean the pan by soaking in water.

Sugar Glass

This certainly has a WOW factor. The process below produces thin sheets of transparent, marbled melted sugar. When these are broken into pieces, shards or large triangular “wings”™ and stuck into ice creams just before serving the effect is spectacular.

And besides; there are few flavours in desserts better than caramelised sugar.

NOTE: It is unwise to try this for the first time, just before a dinner party. Do a trial run first. Also best not to do it when the weather is wet. Seriously; the caramel tends to get too sticky, too quickly after making. It is best to work with an eye level grill/broiler. Some people have grills/broilers in the top of a floor-based oven, or below the oven in a separate compartment. Unless you are young and limber do not attempt this. Much better to go out and buy a workable grill/broiler.

Foil

Tasteless oil

Unrefined brown sugar

White granulated sugar

Preheat the grill to its highest setting.

You will need a double thickness of foil slightly larger than the area covered by the heating element of the grill. Liberally moisten a pad of kitchen paper with the oil and wipe it over the surface of the foil. Now fold up the edges about 1.5 cm/½ inch to create something resembling a shallow baking tray.

Set the grill pan on the rung closest to the heat.

Return to the foil “tray”™, sliding it onto a solid baking sheet that is sufficiently thick to not warp when heated. Make sure the foil “tray”™ sits flat and unbending “no kinks or rucks; the sugar will catch in these areas.



Sprinkling the sugar between your fingers, put a band of white sugar about 5 cm/2 inches wide around the edge, sufficient sugar to cover the foil, then fill in the centre in the same way with the brown sugar, sufficient to cover the foil.

Position the foil tray, on the baking sheet, across the grill pan, under the grill. By positioning the baking sheet in this way it enables you to move the baking sheet around easily.

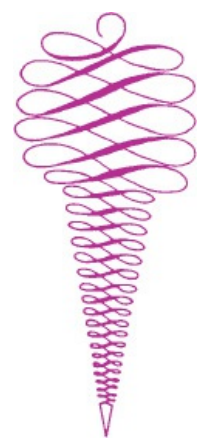
MAKE SURE THAT THE FOIL DOES NOT TOUCH THE ELEMENT IF YOU ARE USING AN ELECTRIC GRILL.

Over the next 4 minutes the sugar will melt to a “glass”™ sheet. Patches will darken more than others. If your grill heat is uneven, and a lot of

domestic grills are, slide the tray around to a better position under the source of heat. When some areas have become dark brown, remove from the heat. There may still be some areas of raw sugar; this does not matter a jot. It will look beautiful. Cool. Use within the hour.

To peel off the foil, set the foil tray on a flat work surface next to a right-angled edge. Pull the foil directly downwards against the edge so the caramel works its way forward off the edge parallel with the work surface.

Break off pieces as they threaten to respond to gravity. Best to spike it into cream/ice cream immediately, because if the caramel is laid down flat on, for example, cooking oiled parchment it is awkward to pick up.



Glossary

À la mode French expression that has been adopted in America where it is used to indicate that a dessert is served with ice cream.

Affogato Italian: To drown. Ice cream over which hot espresso coffee is poured, usually served in a cup and saucer or a glass, with a spoon.

Age/Ageing An expression used in the ice-cream industry to refer to the length of time the pasteurised mix is held chilled before churning. The smoothness of body and texture, resistance to melting and ease of whipping are improved by ageing. This process takes not more than four hours. Note: It is the *pasteurisation* of the made mix that effectively destroys all pathogens and bacteria and enables the safe storage of the mix (ageing) before churning. It is inadvisable to store the complete mix with the cream added, even under refrigerated conditions. To keep bacterial action to a minimum, you are strongly advised to cool the mixture quickly (by plunging the base of the pan in cold/iced water) then cover and refrigerate. Unless pasteurised you should not add the chilled cream until just prior to freezing/churning.

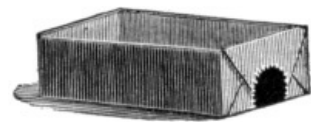
Akutaq Eskimo ice cream originally made from animal fats such as seal oil, reindeer and caribou fat, sweetened and flavoured with berries and fruits. Modern versions use beef tallow, vegetable fats and butter.

Aufait A French term used in America, and common in the early 20th century, to describe a brick or moulded ice to which one or more thin layers of fruit (preserved or candied) have been added.

Banana Split Typical American soda fountain dish consisting of a banana split lengthwise with 3 scoops of assorted flavours of ice cream in between. Topped with whipped cream, nuts and cherries. See diagram [page 302](#) and history [page 28](#).

Batch freezers Small ice-cream machines with an integral freezing unit capable of making a single batch of ice cream up to about 20 litres. For a greater output most small manufacturers use continuous freezers, but a discerning few stick to running a greater number of batch freezers, which, although more labour intensive, produce a better quality of ice cream with more character.

Biscuit ices French: *Bisquit Glac s*. Biscuit ices first appeared in Menon in 1750. It is simply an iced cream with the addition of biscuit crumbs, such as macaroons or Savoy biscuits or breadcrumbs. This gives both a positive flavour and an interesting texture.



Gilliers, 1751, mentions almond biscuit and Emy, 1768, mentions almond macaroon, macaroon, ratafias and rye bread ices, surely the forerunner of **Brown Bread Ice Cream** which is incorrectly regarded as a Victorian innovation. Mary Smith, 1772, mentions brown bread ice cream. In 1789 Frederick Nutt mentions biscuit ices containing Naples and ratafias biscuits. A further reference appears in the anonymous *Il Confetturiere Piemontese* 1790 lists *Sorbetto di bificottini (biscottini)*.

Biscuit ices have fallen out of favour but we hope this book will help to revive these delicious historic ices. See **Biscuit Tortoni** [page 100](#).

Bleeding Term applied to the settling or separation of the sugar syrup to the bottom of a frozen container of sorbet, parfait or sherbet. The problem is caused by any combination of the following: - excessive overrun, too much sugar or insufficient stabiliser.

Body The body of an ice is the result of the combination of differing proportions in relation to one another, the manner in which they are combined and the way they are churned and frozen. People's perception of the ideal body in an ice cream varies considerably. A manufacturer would look for both an acceptable firmness, density when eaten, and, on leaving at room temperature, an acceptable rate of melt that leaves a smooth liquid similar in appearance to a sweet cream of about 40% fat content.

Brain freeze or ice cream headache The sharp pain usually above the top of the nose and/or the forehead sometimes experienced while eating an ice.

This is an example of referred pain. The pain is felt somewhere other than the place where the cause lies. Within a few seconds of the ice being eaten a sharp pain is felt in the forehead, it lasts usually for about 10 to 20 seconds but can last up to a minute.

The body's response to the cold is to reduce blood supply to the area (vasoconstriction) to minimize heat loss by reducing the diameter of the blood vessels. After vasoconstriction the blood vessels return to their normal status and the artery size results in notable dilation of the arteries that supply the palate.

It can be relieved, sometimes, by one of the following three remedies.

1. Move your tongue on the roof of your mouth.
2. Cup your hands over your nose and mouth and breathe rapidly as this will raise the temperature of the mouth quite quickly.
3. Drink a glass of water at room temperature or slightly warm.
4. Eat the ices in smaller quantities at a slower pace!

If you are still interested go to: www.bmj.bmjournals.com/cgi/content/full/314/7091/1364

It may well take you the rest of the day to read all the correspondence!

Carageenen/carageen (E 407) Carageenen is a stabiliser extracted from seaweed (Irish moss, a traditional setting agent that used to be used in jellies) that is used in some commercial ice creams.

Cassata gelata alla Siciliana This is a traditional Sicilian dessert served at Easter and for weddings. Made in a hemispherical mould (Arabic, *quasat*) lined with *pan de Spagna* (a rich Madeira cake) and green-coloured marzipan, the centre containing a mixture of sweetened ricotta, flavoured with crystallised fruits and chocolate. In short, a form of festive cheesecake. *Cassata gelata alla Siciliana* is a frozen edition of Cassata

Siciliana. The classic recipe was agreed at the National Congress in Venice in 1963. Made in a *stampo da spumone*, a special domed mould with a lid, it is lined first with vanilla ice cream, then pistachio ice cream, then a layer of *pan de Spagna* soaked in rum. This is filled with a whipped egg white and cream mixture to which have been added candied fruits, orange and citrus peel and bitter chocolate. It is finished off with a layer of vanilla and pistachio ice cream. It is then frozen and served decorated with candied fruit, whipped cream and orange peel.*

*Anna Del Conte, *Gastronomy of Italy*, Bantam Press, 1989.

College ice American soda fountain term still current. A cheap type of sundae in that it comprises little or no ice cream but is made up with shaved ice with fruit syrup or crushed fruit.

Colonel Sorbet, usually lemon, served with vodka poured over it.

Continuous freezers A method by which commercial ice cream is made on a continuous basis. The liquid mix and air are passed under pressure through a freezing chamber and emerge as ice cream. This process is non-stop for as long as the manufacturer cares to run the machine. Patented in 1913, it came into common usage in about 1922. Produces a smoother more homogenised ice cream.

Coupe Cup-shaped container, similar to saucer champagne glasses, often on some sort of raised pedestal base, usually made of glass or silver-plated metal. Used to serve all manner of desserts but mainly ice cream.

Cream soda American soda fountain term for carbonated water to which flavoured syrup and milk or cream have been added. No ice cream is used.

Creamsicle,,ç A frozen lolly/sucker that resembles an ice pop, the centre is vanilla ice cream the exterior is a water ice. It was invented in USA by a Swedish immigrant Alexander Frehse in 1923. Similar to a Mivvi^{â„ç} in the UK.

Dasher The part of the freezing machine that mixes and beats the mixture as it scrapes the ice cream from the walls of the freezing container. Hand or electrically driven. Usually referred to in Britain as the paddle or blade.

Ding-bat Ice cream confection served at Sherry^{â€™s} ice cream parlour c1930 in Cooperstown, New York State. It consisted of ice cream, chocolate and marshmallow, syrups, malted milk powder, cracked nuts and a cherry, and it was served on a plate.

Dixie cup Paper drinking cups had been around since 1908 and were known as ^{â€}Health Cups^{â€™}, as they were considered clean and hygienic to dispense and were, in addition, disposable. They became popular in ice-cream parlours and soda fountains as a way of serving ice cream in take-away portions.

In 1923, the manufacturer, the Individual Drinking Cup Company, started to market and sell individual portions of ice cream in a lidded, more tub-like version of the cup that was waxed to prevent it softening and disintegrating. The company^{â€™s} president, Henry Moore, found that the cups weren^{â€™t} selling. A friend of his, Alfred Schindler, a manufacturer of dolls with the trade name Dixie, suggested it might boost trade if Henry called them Dixie cups. Thus was born one of America^{â€™s} most famous brand names. There are many avid collectors of old Dixie cups in the USA.

Don^{â€™t} care syrup Soda fountain syrup for people who did not care what flavour of syrup was used on their order. Usually contained brandy or port and various fruit juices; however some books include no alcohol in the syrup. No body seemed to care!

The containers had a label ^{â€}Don^{â€™t} care^{â€™}.

Epsicle See Popsicle.

Eskimo ice cream See Akutaq.

Eskimo pie Chocolate-covered ice-cream bar invented and patented in 1921 by Christian Nelson in Onawa, Iowa. In partnership with Russell Stover (who coined the name, Eskimo Pie), they formed a company that sold a million ^{â€}pies^{â€™} per day by 1922. The patent was declared invalid in 1928 and today many versions are still available in the USA.

Float Interpretations differ but a float is either based on a milkshake (flavoured syrup, milk and ice cream) or an ice-cream soda (flavoured syrup, soda water and ice cream). These are blended at high speed and poured into a tall glass. Dips/scoops of a complementary ice cream, sherbet or sorbet are floated on the top. Fruit or mint is sometimes added for decoration. It is served with a long-handled spoon and a straw or a long spoon with a hollow tubed handle that acts as a straw.

Frapp^{Ã©} Sweetened fruit juice or puree, mixed with additional water and liquidised to a soft mush and served immediately as a drink, or marginally harder, as a dessert with a spoon. Nowadays often sold as a slush.

Fromage glac^{Ã©} French. The literal translation is frozen cheese. A name given to an ice cream popular in France in the late 18th, early 19th century. The term is no longer in use. The name only refers to the presentation of ice cream to resemble cheese. There was a fashion at the time for making ice cream in fancy-shaped moulds in order to decorate the table in a manner that would impress the guests. Early moulded ices were often referred to as fromages. The ice cream was almost certainly a sweetened egg custard, enriched with cream. Different flavours were put in metal moulds resembling wedges cut from a large truckle of cheese. After initial freezing the ice cream was removed from the moulds and sometimes formed into rounds resembling a whole cheese. Gilliers, 1751, has a recipe for Parmesan Cheese Fromage Glace Ice and the ice is covered in caramelised sugar to represent the rind. This must be caramelised sugar ground up in a mortar and pestle. Single large individual wedge-shaped moulds were also served on their own.

The earliest reference to Fromage is in Massiolet in his *Nouvelle Instructions pour les Confitures, les Liqueurs, et les Fruits, avec le Mani^{Ãƒre} de Bien*, 1692. This has a Fromage ^Ã la Angloife (Angloise) which is an ice made with cream, sugar and eggs and moulded. However there is no mention of a cheese-shaped mould.

Fudgsicle,,ç Popular American sucker/lolly made with a caramel centre and an ice-cream coating.

Gelateria Italian ice-cream parlour. Always look for the sign *“Produzione Propria”* which means made by the owner, and hope that it is true.

Good Humor bar Harry Burt Snr. was a confectioner and candy seller in Youngstown, Ohio. There, in 1910, he invented the “Good Humor”, a candy sucker/lollipop on a stick. He called it “Good Humor” as he considered that the humour of the mind was regulated by the palate.

Inspired by the success of the Eskimo Pie, Harry Burt Snr. went on to develop a chocolate-covered ice-cream bar. His daughter is reputed to have told him that his new chocolate-covered bar was too messy to eat so he tried putting a stick in it as he had done with the candy suckers, which is how his chocolate bars are sold to this day. So successful was this product that street ice-cream sellers became known as Good Humor Men.

Granita An Italian ice, coarse-textured, still-frozen water ice, 9-10° Baumé (see Saccharometer [page 52](#)). Do not be persuaded to make a granita with a higher sugar density than this as the classic granular ice texture will be lost.

Granitas contain more water than sorbets. This, and the process of stirring by hand with a fork several times as the mixture freezes, gives it characteristic larger, crunchy ice crystals, about the size of rice grains. This sort of texture cannot be achieved using any form of mechanical mixer. The classic flavouring is espresso coffee. It is sublimely refreshing on a hot summer’s day.

Guar Gum (E 412) A stabilizer used in commercial ice-cream making to produce smoothness, extracted from the seeds of *Cyamopsis Tetragonolobus* grown in the Indian subcontinent.

Hardening Refers to the additional freezing of a partially frozen ice. When made commercially, ice cream leaves the machines and is packaged in its semi-fluid state and transferred to a hardening room where the temperature is swiftly lowered to harden (freeze) the ice. The swift freezing stops the formation of large ice crystals. The hardening of home-made ices is best carried out using a freezer with a fast-freeze switch. This effectively over-rides the thermostat and reduces the temperature to around “30°C. Some domestic ice-cream machines will freeze ices more effectively than others, i.e. will achieve a lower temperature. So, depending on the recipe used, some will produce ice cream that can be served directly from the machine while others will need a period of hardening in the freezer.

*Hokey Pokey a penny a lump,
That’s the stuff to make you jump.*

CHILDREN’S 19TH CENTURY RHYME

Hokey Pokey

The origins of the name are apocryphal; however, they are worth repeating. The immigrant Italian ice-cream sellers in England were reputed to use a number of cries; among them, *“Gelati! Ecco un Poco”* and *“Gelati! Che un poco”*. It doesn’t take much imagination to see that this could easily be corrupted by the English into Hokey Pokey. This name spread to the United States, where there are clear references to hokey pokey in such books as *The Dispenser’s Formulary* (Haynes, New York, 1915). Later it was simply used as a slang name for ice cream.

A frozen brick of Hokey Pokey ready to be cut up.

Instructions for making a Neapolitan brick and to shopkeepers on cutting and wrapping Hokey Pokey in wax paper.

Hokey Pokey was a cheap, brick-shaped Neapolitan striped ice cream, usually in two or three colours. This was cut into small slices about 5 Å— 5 Å— 1.25 cm (2 Å— 2 Å— Å½ inch). It was dispensed by the vendor from his barrow, wrapped in small squares of white, usually waxed paper, to be taken away and eaten.

In New Zealand Hokey Pokey has become the name for a quality ice cream containing pieces of cinder toffee/brittle. See recipe [page 168](#).

“Hokey Pokey is of a firmer material than the penny ice of the Italians; it is built up of variously flavoured layers. Sold in halfpenny and penny paper-covered squares, kept until wanted in circular metal refrigerator pots surrounded by ice, Hokey Pokey has the advantage over its rival eaten in glasses, inasmuch as it can be carried away by the purchaser and consumed at leisure. Besides being variously flavoured, Hokey Pokey is dreadfully sweet, dreadfully cold, and hard as a brick. It is whispered that the not unwholesome Swede turnip, crushed into pulp, has been known to form its base, in lieu of the more expensive supplies from the cow, whose complex elaboration of cream from turnips is thus unceremoniously abridged.”

OLD LONDON STREET CRIES, 1887

Ice cave Early name for a freezer. This was usually a metal cupboard or a wooden box lined with metal. These had hollow panels on the sides or the top and bottom into which a mixture of salt and ice was packed. This reduced the internal temperature to below freezing point.

Ice Cream

FRENCH A rich ice cream based on a sweetened, eggthickened custard usually with thick cream added. Originally still frozen, nowadays it is churned.

ITALIAN A sweetened milk-based custard thickened with eggs, or latterly cornflour/cornstarch. It typically contains little or no cream at all. This means that less air is incorporated during churning or still freezing so although the ice cream is less rich, it is denser and therefore gives a more intense flavour not masked by the fat of cream. Referred to in Italy as Gelato. Italy coined this word for ice cream and extended its use to “gelateria” to describe a place selling ices. Gelato is now widely used in the USA instead of the word ice cream. It is commonly assumed to be a less rich, “lower fat” type of ice cream, however some historic recipes are very rich, as are some of the modern recipes for gelato from Italian chefs, containing a very high egg content and a lot of thick cream.

PHILADELPHIA Pennsylvania has always been one of the major dairy states in the USA. Cream being abundantly available in the then capital of USA, they use it to the maximum to make their own distinctive ice cream. It has the following characteristics:-

1. It has no custard base. The ingredients (cream and sugar and vanilla) are merely stirred together before churning.
2. A true Philadelphia contains no eggs, or milk, although these began to be added at the beginning of the 20th century.
3. It ALWAYS contains specs of vanilla seed to show that true vanilla has been used rather than an inferior flavouring. It is close to an **iced cream**, (see below) but is churned during freezing. True Philadelphia ice cream is slightly grainy due to the lack of the emulsifying effect of eggs.

In the 1850s vanilla was a highly prized, expensive perfume and spice to which Philadelphia had access through its direct trading links with the Caribbean and South America as well as France. The fashionable ladies of Philadelphia in the late 18th and early 19th centuries followed the French mode and considered it a sign of extreme cultivation to be able to serve an ice cream flavoured with vanilla that had been grated against a cone of sugar. We are told that today Philadelphians will refuse their ice cream if it does not contain black specks.

Ice-cream soda Made by putting fruit in syrup, or a flavoured syrup, with a scoop of ice cream, or whipped cream in a glass; pressurised soda water is added until the glass is three-quarters full, then two scoops of ice cream are added. The glass is then topped up with additional soda water and decorated with whipped cream. It is served with a long-handled spoon and a straw.

Really skilful soda jerks balance one of the scoops of ice cream on the edge of the glass with the ice cream just touching the soda water.

According to the 1914 edition of the *Soda Fountain* magazine, the ice-cream soda was invented by Philip Mohr in his shop in Elizabeth, New Jersey, prior to 1872. The first record of an ice-cream soda being sold in London is surprisingly to be found in the *Newville, Pennsylvania Times*, 26 December 1894, and it apparently became a craze overnight.

Iced Cream This can be regarded as the original ice cream in England. Cream was whipped until stiff, sweetened and flavoured then frozen solid without churning. See recipe [page 229](#).

Iced pudding Term coined by Carême (1784-1833) for ice-cream puddings. e.g. Iced Cabinet Pudding. After the fall of Napoleon, Carême worked for a year and a half for The Prince Regent (later King George IV) in London and Brighton.

Jerk/soda jerk Expression used to describe employees in soda fountains and ice-cream parlours as a result of their exaggerated jerky actions when drawing soda water from the soda-water pumps.

Knickerbocker Glory Amazingly this seems to be an English invention as there are NO references to it in American soda fountain books. Neither can you order it today in any soda fountain in America. The title has nothing to do with baggy trousers. In fact it is a surname of Dutch origin and appears to be drawn from fiction. American author Washington Irving, under the *nom de plume* of Diedrich Knickerbocker, wrote a book *A History of New York from the Beginning of the World to the end of the Dutch Dynasty* (1809). This was a satire featuring “Father Knickerbocker” as head of the first socially prominent family in New York. This fiction proved so potent to the public that it became fact to the extent that New York State used to be referred to as the Knickerbocker State. There are still people today who claim to be descendents of this fictional character.

A Knickerbocker Glory was the *tour de force* of milk bars and soda fountains in England. In ascending order it consisted of a flavoured syrup, followed by a scoop of ice cream, crushed raspberries, a further scoop of ice cream, crushed pineapple, a final scoop of ice cream topped with whipped cream and the final flourish of a cherry. See [page 303](#). The variations on this basic principle were altered according to the diners’ wishes and the availability of ingredients. In America something similar is referred to as a **parfait** see [page 71](#).

Kulfi An ice cream from India. The name is derived from the small, conical-shaped moulds in which it is made. It has a distinctive flavour due to the heavily reduced (evaporated) milk that is used to make it. The ice is said to have originated in Delhi probably brought to the city by the Moghuls from Kabul. The Ain-I-Akbari, 1590, describes the preparation of kulfi in Emperor Akbar’s palace kitchens made with khoa (a heavily reduced milk solid), pistachio nuts and kesar (saffron) made very much in the way that kulfi is made today. Except nowadays it is commonly made with canned evaporated milk to avoid the lengthy process of reducing the milk in large pans on a stove.

The mix is sweetened and flavoured then poured directly into the conical moulds. The tops are screwed onto the moulds and traditionally sealed tight with dough before being frozen. (See [page 173](#).)

Lecithin Phospholipid that occurs naturally in milk and egg yolks; additional small quantities are frequently added to commercial ice cream as an emulsifier.

Locust bean gum (E 410) Commercially produced natural stabiliser used in ice cream to prevent formation of large ice crystals. Extracted from the seeds of the carob bean tree.

Lolly/Lollipops See Popsicle/suckers.

Mature Confusing word, much misused. Correctly used to describe hardening (page 292), it is not to be confused with ageing (page 289). Describes the period the ice cream spends in the freezer maturing when the flavour, particularly vanilla, develops in an ice.

Mellorine US term to describe any ice cream made with vegetable fat. In mellorine the milkfat is replaced with vegetable oil (coconut, cottonseed, soybean, corn or other plant fat) or non-dairy animal fat. Illegal in over 75% of the states in the USA and in the majority of the EU. It is unfortunately allowed in Britain where it comprises over 75% of the ice-cream market. Oh dear.

Mellow Expression sometimes used to describe softening of ice cream from freezer temperature to an edible temperature. We prefer to describe this as softening as it leaves no room for doubt or confusion with maturing or ageing.

Milkshake It is almost impossible to define a milkshake. However, there are some basic rules. Firstly the milk must be full cream milk, thoroughly chilled, in order that the ice cream will thicken the drink and not melt and thin it. Secondly, don’t overmix; overmixing will also thin the shake.

A simple rule of thumb is 1 cup of milk (250 ml/8 fl oz) to 2 medium scoops of ice cream, whizzed briefly in a blender and served immediately (see [page 302](#)).

This is the most basic shake; the permutations of flavourings, syrups and fruits are almost limitless.

Moscovite (Crème à la) Victorian ice made with either isinglass or leaf gelatine added, moulded, and served partially frozen after about 2 hours in an ice cave. A rather rich cold dessert that tended more towards a jelly than an ice cream. This ice is not churned. No longer in use.

“The peculiarity of the Moscovite or, to give it its proper name, the crème à la Moscovite consists in the fact that, though iced from long burying in ice, it is not actually frozen, and owes some of its solidity to a certain proportion of either isinglass or leaf gelatine. It is, in consequence, decidedly to be recommended to such housekeepers as may not have freezing conveniences and wish to obey the fashion at the moment, which demands the presence of an iced sweet on every carefully arranged menu.”

HORACE COX, QUEEN BOOK OF ICES, LONDON, 1899

MSNF Short for “Milk Solids, Non-Fat”. These solids, found in milk, cream and butter, consist of proteins (casein, albumin, globulin) 38%, lactose 54%, mineral salts and vitamins 8%. Their presence in ice cream, in the right proportions, contributes smoothness, body and texture. For detailed science see [page 305](#).

Neapolitan Style of ice cream brought from Naples in the 1850s by immigrants who set up small businesses making ice cream. The ice cream, in two or more lurid colours, was arranged in layers in a rectangular brick-shaped mould. It was then served sliced and wrapped in paper with the ends twisted, enclosing the ice cream rather like a boiled sweet. Originally made sweet, some Victorian cooks developed savoury Neapolitan ices (e.g. Mrs Marshall gives a recipe using artichoke, pea or cucumber and tomato to create the different layers). See Hokey Pokey [page 292](#).

Nesselrode Named after Count Nesselrode, the 19th century Russian aristocrat, whose chef, Mouy, invented this frozen pudding. It consisted of a cream-enriched custard mixed with chestnut puree, candied fruits, currants, raisins and maraschino liqueur.

Overrun Manufacturers’™ term to describe the volume of churned ice cream obtained in excess of the volume of the unfrozen mix.

Domestically the increased volume depends on two main factors; how the ice cream is agitated during freezing and the constituents of the ice-cream mix. Cream and eggs are the main agents for entrapping air.

Commercially the increased volume is as a result of adding stabilisers, emulsifiers and other chemicals that are specifically designed to entrap quantities of air in the mixture. This is then further boosted by air pumped into the mix as it is pushed through the continuous freezing process.

Overrun in a batch freezer is the result of the size of the barrel (diameter) and the speed of the dasher. In a continuous process freezer it is the amount of air pumped into the mixture as it freezes.

The increase in volume is composed of air and is usually expressed as a percentage: e.g. If 1 litre of unfrozen mix makes 1.25 litres of ice cream, the overrun is 25%.

The equation to calculate overrun is as follows:-

overrun percentage = $\frac{\text{volume of ice cream}}{\text{volume of mix}} \times 100$

Overrun in domestically made ice creams varies from 5 to 25%, and depends usually on whether an ice has been still frozen or churned.

The overrun range in commercial ice creams is up to 20% in super premium ice creams, but can be up to 100% or more for cheap bulk ice creams.

In USA the weight per gallon is legally enforced to prohibit excessive overrun. The weight per gallon of ice cream must not be less than 4.5 lb per gallon US or more than 100% overrun. Regrettably, this is not so in Britain.

It is an unfortunate aspect of the ice-cream trade in Britain that ice cream continues to be sold by volume and not by weight.

Pareve Ice cream made without either dairy or animal ingredients but with vegetable oils. There are also kosher ice creams available. This means that the manufacturer is supervised or licensed by the Beth Din or Kedassia.

Parfait Regarded by some as the ultimate ice cream. It is a light-textured ice, somewhat akin to a frozen soufflé. It is not a quick and easy ice cream to make. The light texture relies on warm sugar syrup being slowly whisked into egg yolks and the mixture cooled before folding in whipped cream. The classic flavour for parfait is coffee, but whiskey, liqueurs and fortified wines have become popular. The whisked flavoured mixture is poured into a container and frozen without any stirring. The high volume of air in this ice means it remains sufficiently soft to be served directly from the freezer; a very useful advantage when serving ice-cream bombs. (See [page 260](#).)

Pasteurise Pasteurisation is the process of heating a mix to a specific temperature for a specific time, then cooling it rapidly in order to kill off the pathogenic (harmful) micro-organisms present in milk, cream and eggs.

Any ice cream made for re-sale must be pasteurised.

The temperatures and times required for pasteurisation are as follows:-

	Heat to		Hold for
	°C	°F	Time
	66	150	30 minutes
or	72	161	10 minutes
or	80	176	15 seconds

The mix must then be cooled to less than 7.2°C/45°F within 1½ hours and must be stored at this temperature or lower until frozen.

Please note that the rapid cooling and subsequent storage is as important as the heating. So too is scrupulous cleanliness in all subsequent handling and packaging. Since all our custard-based recipes require heating to 85°C/185°F and rapid cooling, you will be well within the limits of safety.

Pectin Natural, water-soluble stabiliser used extensively in commercially made sorbets. Our experiments with shop-bought powdered and liquid pectin, as a substitute for egg white, sadly have proved unsatisfactory. The flavour of the pectin is too obtrusive in all but the strongest-flavoured

sorbets.

PlombiÃres There is no consistency in recipes for plombiÃres. The name was presumably coined from the French âplombâ meaning lead, from which early pewter moulds were made. Wyvern (Colonel Kenney-Herbert) in *Sweet Dishes*, 1884, suggests it is a three-tier pyramid mould of different flavoured and coloured ice creams. Balzac refers to it in *Splendeurs et MisÃres des Courtisanes*: âAt the end of the meal, ice cream called plombiÃres was served. Everyone knows this ice cream contains small bits of delicate candied fruit sprinkled over the ice cream, and comes served in small cups which keep intact the pyramid shape of the ice cream. The ice cream had been ordered from Madame du Val-Noble in Tortoni whose famous shop was at the corner of Rue Taitbout on the main street.â PlombiÃres were usually almond flavoured and contained candied fruit.

Elizabeth David suggests that it came from a frozen *Gateau de Plomb*, which was a type of rich fruit cake.

Popsicle,The Popsicle, or as it was originally called, the Epsicle, was first patented in 1923 by Frank Epperson, a lemonade seller in California. He maintained that in 1905 as a child, in New Jersey, he left some flavoured powder mixed in water with the mixing stick still in it, in a glass on the back porch. In the morning the liquid was frozen solid and Frank had a stick of frozen flavoured water to show to his friends at school. When he patented the idea in 1923 it precipitated a clash with Harry Burt Sr, the inventor of the Good Humor Bar. A compromise eventually allowed Epperson to make sherbet or water ice on a stick and Burt to make ice cream on a stick.

It is a mark of the difference between our cultures that the origin of the iced lolly in Britain passed unnoticed and unrecorded.

Epperson formed The Popsicle Corporation with a number of partners, in 1923 but in 1924 he sold all his rights and patents to the Popsicle Company and left the industry. The Joe Lowe Corporation licensed the name to manufacture Popsicles in 1925.

The company continued and still exists having been purchased by Unilever in 1989.

Puckler German ice-cream combination named after the German megalomaniac traveller Prince Puckler-Muskau. A Neapolitan-type layered ice cream with strawberry, vanilla flavoured with maraschino or kirsch, and chocolate ice creams, with crushed macaroons soaked in the same alcohol dividing the layers.

Punch Term derived from the Arabic, âpanjâ, a word meaning five. It refers to the drink popular in the Persian Gulf made of five ingredients: grape juice, rosewater, sugar, lemon and ice. Under Western influence it developed both as a hot and cold drink, both versions served with the addition of alcohol. The cold punch was used as a palate refresher during large multi-course dinners, frequently being served after the soup, before the roast meat. When served, cold punch was in a tall glass in a semi-frozen state. It developed, as methods of refrigeration improved, to become more frozen and solidified to the point that it had to be eaten from the glass with a spoon. At this stage it really was a water ice somewhere between a sorbet and a granita. Francatelli said punch âmay be served hot or liquid, frozen similarly to a granitaâ. Later recipes recommend making punch using sorbet with alcohol poured over and mixed in as well as the addition of Italian meringue.

Punch went out of fashion in mid-Victorian times as dining habits changed and attention switched to sorbets served as a dessert. (see [page 213](#)).

Ripening This is the time needed to allow the flavour to mature and develop whilst ice cream is frozen. Vanilla, for example, requires up to two days to permeate fully through the ice cream and develop a full flavour.

Saalab/salab/salap Persian ices (see [page 221](#))

Semi-freddo Italian. Literal translation is semi-frozen. Italian term used to describe light parfait-type cream ices. It is also referred to in Italy as *perfetti*. Due to composition of ingredients and the large amount of added air it simply cannot be frozen hard.

A word now used with great liberality and casual disregard.

Sgroppino see [page 223](#).

Sherbet A word that almost defies definition, so mangled has it become by the influences of nations, legislation, and ignorant usage. The word probably derives from the Arabic âsharabâ meaning a cold, sweetened, non-alcoholic drink.

Briefly, nowadays, a sherbet is usually a water ice containing some milk or cream, whereas a sorbet is a non-dairy product containing neither milk nor cream. Sherbet is either still or stir frozen. This is the definition we have stuck to throughout this book, but in the United States the Food and Drug Administration, in their wisdom, have no classification for a sorbet. What Europe calls a sorbet the F.D.A. call a water ice and they have additional classification for sherbet (where the milk-derived solids must be not less than 2% and not more than 5%) and ice milk (where the total milk-derived solids are not less than 11%). Ice milk does not exist outside America.

Sorbet Most early recipes (17th and 18th C) refer to all manner of ices as sorbet in France or sorbetto in Italy. In Italy before the use of the word gelato for ices, all ices were referred to as sorbetto. In Italy with the coming of the word gelato, sorbetto became the term for a water ice, i.e. an ice made without the addition of any dairy product and either still or stir frozen.

Sorbetto Italian word for sorbet.

Spongada Italian ice based on whipped cream and flavouring, partially frozen and usually not moulded. Sometimes referred to as a spumante in the 19th century. Not in use today.

Spoom Wonderful word that has died out, possibly deriving from the word spume, meaning foam. It denotes a sorbet, of which a third of its volume is uncooked French meringue. It is then frozen without any further stirring. Unfortunately, nowadays, everyone is most reluctant to use raw egg white, however pasteurised egg whites make a wonderful safe spoom.

Spumoni Italian ice moulded in two layers in a hemisphere, claimed to originate from both Acireale in Sicily, and Naples. The outside layer is usually a custard-based ice cream flavoured with either vanilla, chocolate or strawberry. Inside there is a semi-freddo or parfait of alcohol, coffee, nut or fruit.

Still frozen Method of freezing ices without an ice-cream machine, where the mix is not agitated or stirred continuously during freezing. It is, however, beaten by hand with a fork or electric hand whisk or in a food processor a number of times at various stages during the freezing.

Stir frozen A process whereby ices are frozen in a machine and are agitated/stirred continuously as the temperature of the mix is lowered. These machines range from the simplest hand-cranked machine to the batch machines and the continuous process factory machines.

Sucker American word for a lolly.

Sundae Ice-cream dessert with syrup or sauce, fruit or nuts made according to a number of classic formulae, or according to the taste or the mood of the server, or under the direction of the customer. Whatever the combination, it is served on a dish and eaten with a spoon (see [page 302](#)).

The origin of the word sundae is hotly contested by public relations departments of many cities and towns in the USA, eager to claim the original sundae as their own. However, from the small amount of reliable information available, it would seem that one or other of the following theories is likely:

1. Since early soda fountains and churches were the only places open for the young to meet on Sundays, the soda fountains were inevitably seen by the churches as competition.
Â Â Â In 1890, Evanston, Illinois, was the first community to legislate against the “Sunday soda menace”™. The local soda-fountain owners got round it by selling a sodaless sundae/Sunday using ice cream and syrup “ but no soda.
2. The second theory is a little more convoluted. In 1881 a George Hallauer walked into his local soda fountain in Two Rivers, Wisconsin, and asked the owner, Ed Berner, to pour the chocolate syrup normally reserved for making chocolate ice-cream sodas on to a nickel (5c) portion of ice cream. Its fame and price spread to the adjoining town where the soda fountain owner, George Giffey, was so concerned that there was no profit to be made from it at 5 cents that he restricted its sale to Sundays only. The “ae”™ was added later to differentiate it from the day.

Super premium ice cream Late 20th century term used to describe highest quality, most expensive ice creams worldwide. These are usually high fat, low overrun ice creams containing only natural ingredients.

There are no regulations in Europe or America yet to control the use of this term.

Syrup Simple or stock syrup used in making all sorbets, parfaits and granitas (see Science of Ices [page 305](#)). There is no single accepted classic formula for simple syrup; the ratio of sugar to water varies, which is not very helpful when recipes for successful ices very much depend on the correct amounts of sugar and water. We have opted for a formula which is the easiest to remember and use: 1 litre water to 1 kilo of sugar.

This identical sugar/water ratio was used in *Il Credenziare de Buon Gusto*, published in Naples in 1778, and written by the Benedictine monk, Vincenzo Corrado, 1734-1836 (see [page 19](#)). It gives a fascinating insight into Neapolitan confectionery and ices. It is an example of the confectioner’s art where all ingredients including liquids were weighed due to the problems of measuring volumes of liquids. This is still the case today with both bakers and confectioners.

Bought, bottled syrups designed for use in cocktails vary enormously and should not be used for ices. Syrup is simplicity itself to make. See [page 70](#).

Tempering Expression sometimes used to describe softening of ice cream from freezer temperature to an edible temperature. We prefer to describe this as softening as it leaves no room for doubt.

Total solids in milk and cream.

There are *two types* of solids in milk and cream: “

1. Milkfat, and,
2. Those solids which comprise MSNF (milk solids nonfat). See entry [page 296](#).
Â Â Â It is necessary to identify both types of solids separately (milk fat and MSNF) in calculating the balance for a recipe.
Â Â Â The total solids refer to the addition of these two and it is necessary to know these numbers separately and then in total in order to achieve the correct balance in planning recipes for ice creams.

Other Solids are the solids in sugars, egg yolks and in the flavouring that you have added to the ice-cream mix. See The Science of Ices [page 305](#).

Tutti frutti Finely chopped fruit originally marinated in maraschino and worked into a vanilla-based ice cream after churning and before hardening. It is Italian in origin.

Vegetable fat With the exception of cocoa butter (permitted in some countries to produce a cheaper alternative to dairy ice cream), a high level of saturated fatty acids is needed to give the whipping properties to the mix. Refined coconut and palm oils may be used, other fats such as from cottonseed, palm kernel, rape and soya bean are normally first hydrogenated.

Water ice Flavoured ice, made of fruit, herbs, spice, alcohol, etc., without any dairy products or egg yolks. Can be still frozen or stir frozen. A water ice is the same as a sorbet outside America. Term used in the USA where the F.D.A. have no classification for sorbets but there is for water ice.

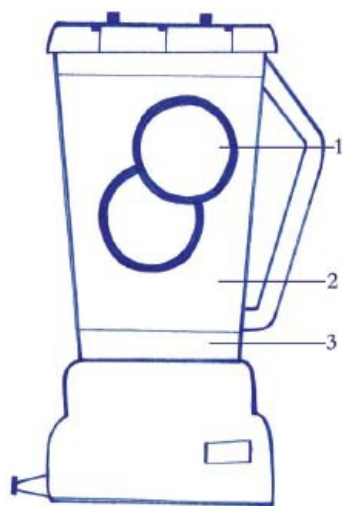
Xanthan Gum (E 415). A polysaccharide produced by the bacterium *Xanthomonas campestris*. It is a stabilizer suitable for use in acidic mixes, mainly in water ices. Expensive, so not used frequently.



APPENDICES

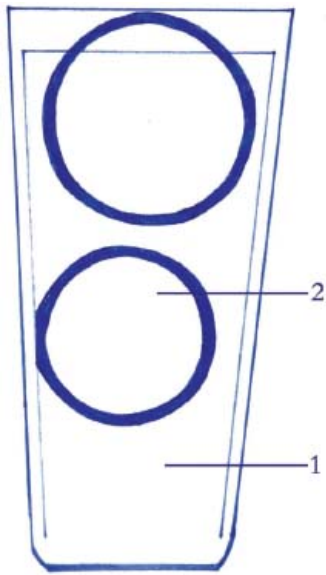
Sodas, Sundaes & Floats

There are many combinations and ways of making soda fountain dishes. The Dispensers Formulary or Soda Water Guide, published in 1915 by The Soda Fountain magazine, had over 3,000 recipes for soda fountains and was considered to be the Bible of soda fountains.



MILK SHAKE

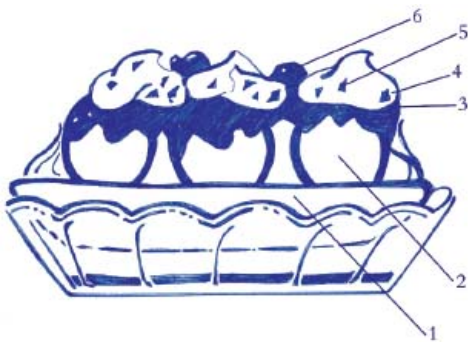
1. 2 scoops ice cream
2. 20 oz milk, full cream
3. 1 Tbsp malted milk powder (optional for malted milk shake)
4. Liquidize for about 30 seconds or until smooth and thick



FLOAT

1.Â Â Milk Shake or Soda

2.Â Â Scoops of Ice Cream



BANANA SPLIT

1.Â Â Ripe banana, split lengthwise

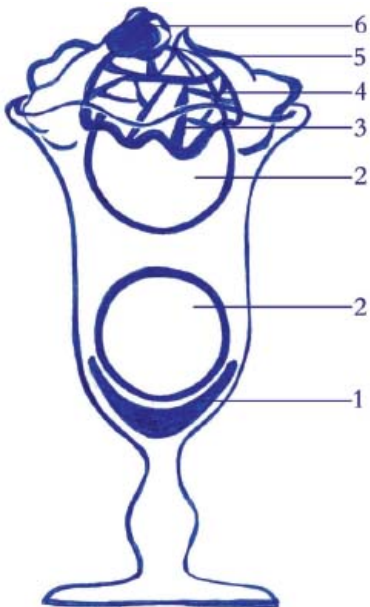
2.Â Â 3 scoops ice cream assorted flavours

3.Â Â ½ oz each of three toppings, one on each ice cream:

4.Â Â Whipped cream;

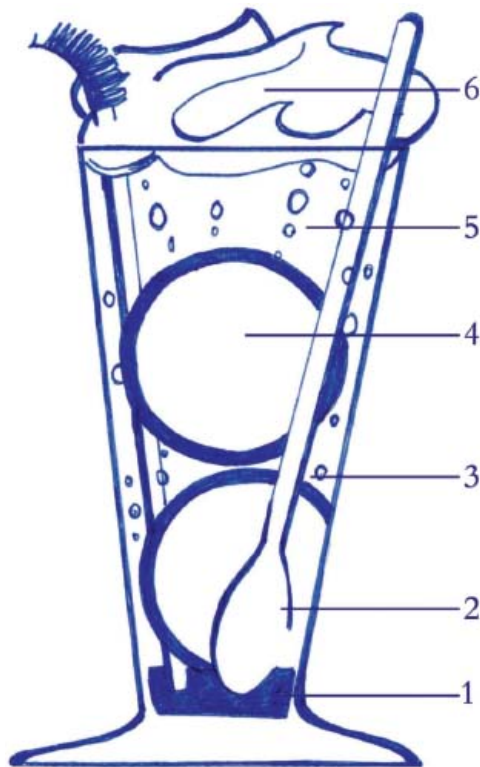
5.Â Â Crushed nuts;

6.Â Â Cherries



SUNDAE

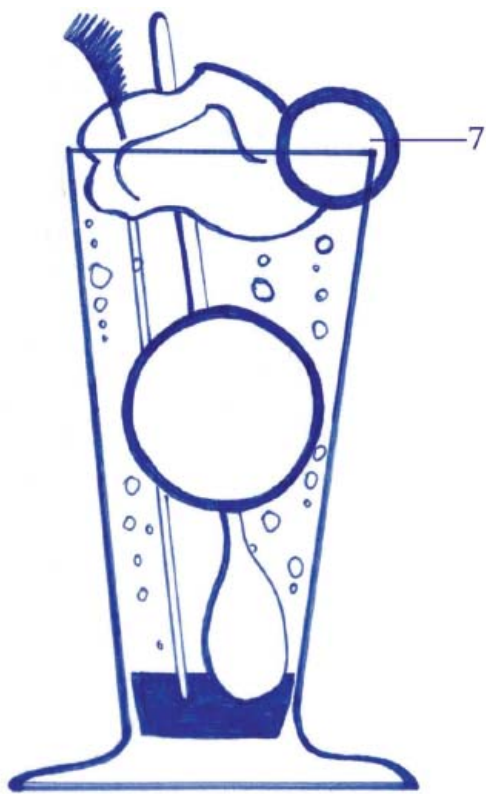
- 1.Â Â ½ oz of syrup or crushed fruit
- 2.Â Â 2 scoops ice cream
- 3.Â Â 1 oz of syrup or crushed fruit
- 4.Â Â Nuts, crushed
- 5.Â Â Whipped cream
- 6.Â Â Cherry



ICE CREAM SODA

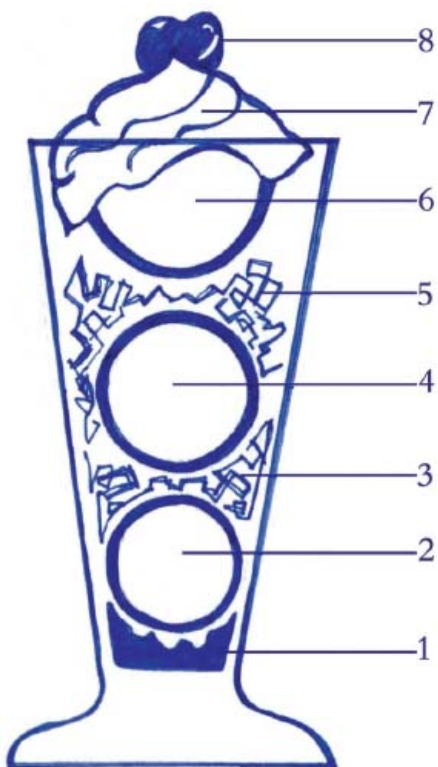
- 1.Â Â 1½ oz syrup or fruit in syrup
- 2.Â Â 1 soda spoon ice cream, whipped cream or flavoured cream
- 3.Â Â Soda or carbonated water to ¾ full
- 4.Â Â 2 scoops ice cream
- 5.Â Â More of 3 to fill glass
- 6.Â Â Whipped cream

Serve with straw and soda spoon.



or

7.Â Â Balance a scoop of ice cream on the rim of the glass.



KNICKERBOCKER GLORY

An English adaptation of the Knickerbocker Sundae which originated in New York.

1.Â Â 1Â½ oz chocolate syrup

2.Â Â Scoop of vanilla ice cream

3.Â Â ½ oz crushed raspberry

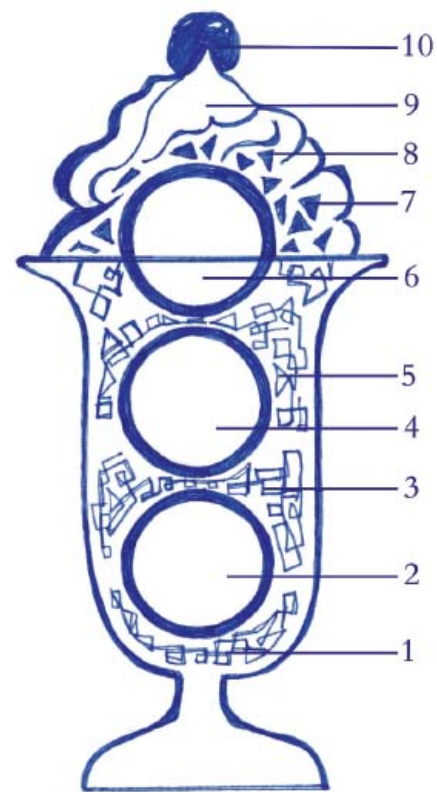
4.Â Â Scoop of ice cream

5.Â Â ½ oz crushed pineapple

6.Â Â Scoop of ice cream

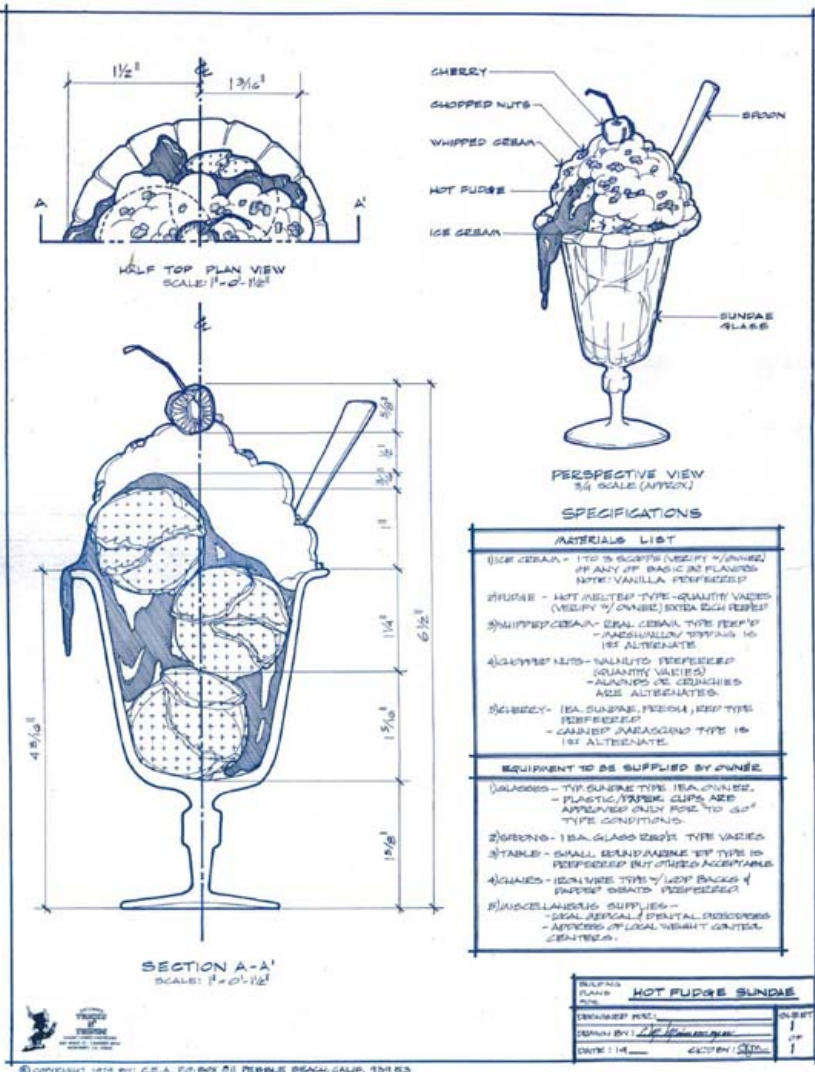
7.Â Â Whipped cream

8.Â Â Brandied or glacÃ© cherry



AMERICAN PARFAIT

- 1.Â Â Soda spoon of syrup or crushed fruit
- 2.Â Â 1 scoop ice cream
- 3.Â Â Soda spoon of syrup or crushed fruit
- 4.Â Â 1 scoop ice cream
- 5.Â Â Soda spoon of syrup or crushed fruit
- 6.Â Â 1 scoop ice cream
- 7.Â Â Soda spoon of syrup or crushed fruit
- 8.Â Â Soda spoon of crushed nuts or nuts in syrup
- 9.Â Â Whipped cream
10. Cherry



The Science of Ices

Ices, the collective term for all ice creams, gelato, sorbetto and graniti etc., is a fascinating area of cooking because its diversity depends on so few ingredients. Most ices contain three or more of the following ingredients: Water, Sugar, Whole Milk, Whipping (Heavy) Cream, Eggs, Flavourings, extracts, fruits etc.

It is the freezing of the water in these ingredients as well as the way they are combined, and also the interaction with the other ingredients (sugar and fat), that gives each type of ice its particular character.

This part of the book is for serious makers of ices, to help them understand the limits within which it is necessary to work when making up new recipes, how to evaluate recipes for all manner of ices, anticipate their qualities (good, bad or indifferent) and if necessary how to correct an imbalance of ingredients. Bearing in mind that you are locked into a fairly tight formula with all types of ices, there is *some* latitude and this is where personal tastes apply.

Commercial ice-cream makers and restaurateurs should also refer to [page 318](#) where we give details of small commercial production methods, equipment and details of recipes.

All ices, sweet and savoury, are a mixture of:

Water (on its own or in milk)

Air

Sugars or sweeteners (e.g. honey, natural sugars in fruit etc.)

Flavouring

With the possible addition of some of the following:

Fats; milk based (cream)

Fats; non-milk based (e.g. vegetable oil)

Milk-Solids-Non-Fat (MSNF) i.e. lactose, protein and minerals

Egg yolks

and/or

Egg whites

Cornflour/cornstarch/rennet and perhaps mastic or salap

And in the case of commercial ices:

Stabilisers

Emulsifiers (other than eggs)

Colourings

Ices divide into two categories; water based and fat based.

In order to give a clear explanation of the physics and chemistry, it is necessary to deal with the two types of ices separately, as fat-based ices have very different characteristics from water-based ices.

1. WATER-BASED ICES

Water-based ices are sorbets, granitas and various types of lollies/suckers.

They normally contain no fat either from eggs or from milk and/or cream.

In order to simplify the making of sorbets and granitas, almost all the recipes in this book are made with a simple syrup.

The simple syrup is best made in quantity and kept in a fridge. However, these tables will enable you to make small quantities.

Making small quantities of simple syrup is straightforward when dealing in metric but becomes progressively more complicated in Imperial and fiendish in USA cups. For more advanced sorbet and granita making we advise the purchase of a saccharometer or hydrometer (see Equipment page 52). Try to get one calibrated in degrees Baumé as they are much easier to read and work with. If it is calibrated in specific gravity or Baumé there is a conversion table (see chart opposite).

SIMPLE SYRUP – METRIC			
Water	+	Sugar	= Makes Syrup
1,000 ml water		1,000 g sugar	1,600 ml syrup
750 ml		750 g	1,200 ml
625 ml		625 g	1,000 ml
500 ml		500 g	800 ml
375 ml		375 g	600 ml
315 ml		315 g	500 ml
250 ml		250 g	400 ml
200 ml		200 g	320 ml
155 ml		155 g	250 ml
125 ml		125 g	200 ml
100 ml		100 g	160 ml

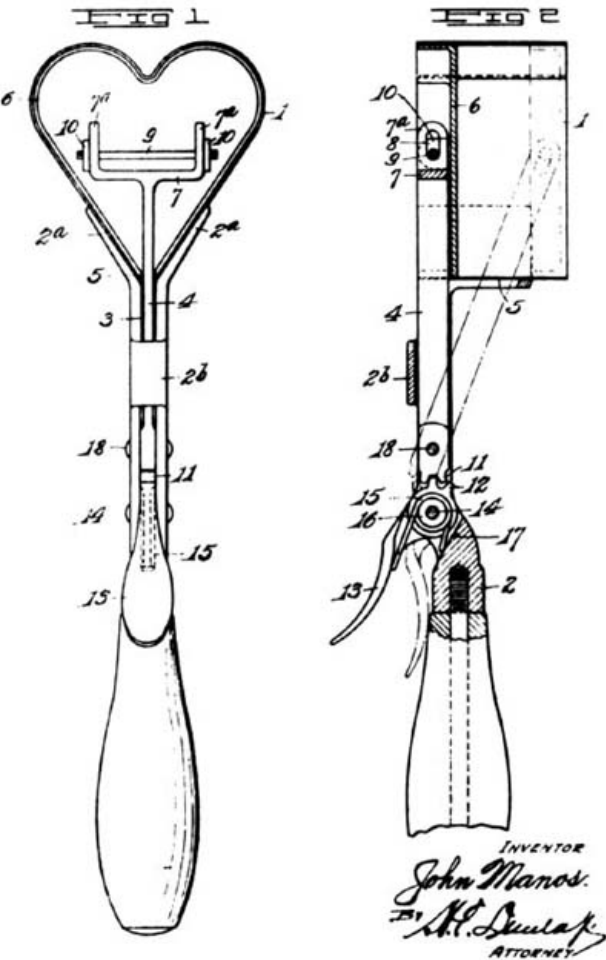
OR

SIMPLE SYRUP – IMPERIAL			
Water	+	Sugar	= Makes Syrup
34 fl oz		40 oz	54 fl oz
25 1/2 fl oz		30 oz	40 1/2 fl oz
17 fl oz		20 oz	27 fl oz
12 3/4 fl oz		15 oz	20 1/4 fl oz
8 1/2 fl oz		10 oz	13 1/2 fl oz
4 1/2 fl oz		5 oz	6 3/4 fl oz

OR

SIMPLE SYRUP – US			
Water	+	Sugar	= Makes Syrup
4 cups		5 cups	6 2/3 cups
3 cups		3 3/4 cups	4 3/4 cups
2 1/2 cups		3 5/8 cups	4 cups
2 cups		2 3/8 cups	3 1/3 cups
1 1/2 cups		2 3/8 cups	2 1/3 cups
1 1/4 cups		1 7/8 cups	2 cups
1 cup		1 1/4 cups	1 3/4 cups
5/8 cup		3/4 cup	1 cup
1/2 cup		5/8 cup	3/4 cup

The lower the concentration of sugar in the liquid, the lower the instrument floats in the liquid. Therefore the higher the concentration of sugar, the higher the instrument will rise out of the liquid.



TABLES FOR CONVERTING DECIMAL SCALE TO DEGREES BAUMÉ & DEGREES BRIX

If you find that the saccharometer or hydrometer is measured in specific gravity or degrees Brix, rather than degrees Baumé, you can convert them.

All measurements at 18°C/65°F

SPECIFIC GRAVITY	Degrees Baumé	Degrees Brix (% SUGAR)	SPECIFIC GRAVITY	Degrees Baumé	Degrees Brix (% SUGAR)
1.28	32	59	1.14	18	33
1.27	31	57	1.13	17	31
1.26	30	55	1.12	16	30
1.25	29	53	1.12	15	28
1.24	28	52	1.11	14	26
1.23	27	50	1.10	13	24
1.22	26	48	1.09	12	22
1.21	25	46	1.08	11	20
1.20	24	44	1.07	10	18
1.19	23	42	1.06	9	16
1.18	22	40	1.05	8	14
1.17	21	38	1.05	7	12
1.16	20	36	1.04	6	11
1.15	19	34	1.04	5	9

NOTE : You can find a container for the saccharometer (an œprouvette) made in tin plate or stainless steel in specialist kitchenware shops (see page 53) or polypropylene ones from wine-making shops and suppliers.

Pour the mix into the œprouvette to within 2.5 cm/ 1 in of the top, to allow for displacement. At eye level, read off the measurement at the bottom of the meniscus.

THE EFFECT OF DILUTING STANDARD SUGAR SYRUP BY ADDING WATER

Should you want to reduce the sugar concentration of a mix the charts below show the amounts of water needed.

METRIC			US		
sugar syrup	Water	° Baumé	sugar syrup	water	° Baumé
250 ml	0 ml	= 28°	1 cup	0 cup	= 28°
250 ml	+ 250 ml water	= 16°	1	+ 1 cup water	= 16°
250 ml	+ 500 ml	= 11°	1	+ 2	= 11°
250 ml	+ 750 ml	= 8°	1	+ 3	= 8°
250 ml	+ 1 litre	= 6°	1	+ 4	= 6°
250 ml	+ 1.25 litres	= 5°	1	+ 5	= 5°

SORBETS AND GRANITAS

Sorbets should be within the following density readings:

Without alcohol 17-20° Baumé/31-36 Brix

With alcohol 14-17° Baumé/26-31 Brix

Granitas should be within one or two degrees of the following density range:

Without alcohol 9° Baumé/16 Brix

With alcohol 8° Baumé/14 Brix

NOTE: With fruit purées or other viscous media there will be errors in using a hydrometer. Similarly, trying to measure density by weight will also run into problems if there is any air incorporation – a typical problem if a liquidiser has been used. Refractometers work better in these circumstances.

2. MILK-BASED ICES

Milk-based ices contain ice crystals, fat globules and air cells, all dispersed in a liquid (water) which contains sugar, milk protein and minerals. This mixture is stabilised by freezing.

NOTE: At no point does all the liquid ever freeze.

All these constituents have a direct bearing on the resulting milk-based ice. So the type and amount of each ingredient used and the manner in which they are combined (e.g., cooked, churned, frozen and thawed) will give the ice its particular character.

WATER

On its own water freezes into hard ice, but when it is churned and frozen in combination with the other ingredients, this straightforward process is modified in several crucial ways.

At around -8.3°C/17°F, some 67% of the water is frozen as ice crystals, depending on the recipe. For a smooth ice cream these ice crystals should be as small as possible.

Rapid freezing ensures a burst of growth of many small seed crystals at the heat exchange surface, inhibiting the growth of large ones; the action of churn-ing disperses the crystals evenly throughout the mix, keeping them moving and preventing them from fusing together. Hence, a still frozen ice cream, although beaten once or twice during freezing, will still contain large ice crystals, giving it a coarser texture and a colder taste than the churned version.

FAT

Fats are the most expensive ingredients in ice cream, and air is the cheapest. For this reason they are the two most frequently varied ingredients; cheap manufactured ice cream having little fat and a lot of air, and premium a lot of fat and little air.

In home-made ice cream the fat comes mostly from milk, cream and eggs, and is present in the form of globules. These inhibit the growth of larger ice crystals by keeping the small ice crystals apart. The amount of fat dictates the richness of the finished ice cream, its lubricating effect causing a smooth sensation in the mouth.

AIR

The incorporation of air into ice cream by beating and churning is the second most important influence on the texture of ice cream in that it separates the ice crystals and fat globules and holds them in a foam suspension.

Air is without question the cheapest ingredient in ice cream. It is for this reason we always tell people when buying commercial ice cream to pick up the tub and feel the weight. It should feel heavy for its volume. Over the years the giant ice-cream companies have spent enormous amounts of money in research to produce mixes that will contain the maximum possible amount of air (see overrun page 296).

In both the EU and in the USA there are regulations limiting the amount of air that can be added to ice cream, unfortunately such regulations do not exist in the UK. Traditionally ices have always been sold by volume and not by weight which suits the industry admirably.

To establish just how much we are paying for air, some years ago we did a survey for a major Sunday newspaper comparing the prices of commercial ice creams per kilo. The most expensive ices by far were the light whipped-type ice that comes from machines in mobile vans or dispensed from machines in small shops, for instant eating. The interesting result was that on a strict price per kilo basis the super premium ice creams were no longer the most expensive. *Caveat Emptor!* However the newspaper would not publish the article in case it upset any of the owners of the major international ice-cream brands.

In commercial ice cream, manufacturers can double the original volume of their product by the introduction of compressed air during churning. This considerable commercial advantage has unfortunately distorted the public perception of what ice cream should be. Homemade churned ice cream, which is unlikely to expand much beyond 25 % during making, is appreciably denser than the commercial product. With a denser product comes a very different ice cream.

SUGAR

Sugar is required in all ices:

1. To give the required sweetness.
2. To build up the body and viscosity and give smoothness to the texture of the ice. Because it contributes body to ice cream, dissolved sugar is referred to as a solid in the formulation of balanced ice-cream mixes.

- To influence the freezing point. In an ice-cream mix the sugar will be dissolved in the water of either eggs, milk and/or cream. Introducing sugar increases the density of the mix and depresses the freezing point, which means that it will require a lower temperature to make the water solidify into ice.

Once the ice-cream mixture starts to freeze, small ice crystals of almost pure water start to form. Therefore the remaining sugar solution becomes even more concentrated (denser) and the freezing point is lowered still further.

The lower the temperature then the more the water is converted into ice, though some liquid water always remains. Increasing the initial sugar concentration (or equivalent) will reduce the amount of ice formed at a given temperature and hence give a softer texture: this is what makes some ice creams scoopable straight from the deep freeze.

See Glucose and Dextrose page 60

Sugar substitutes, artificial sweeteners and sugars modified to lower the calories simply do not work in the same way as sucrose and glucose and cannot be used.

MILK

Whole milk consists of water, fat and MSNF (Milk Solids Non-Fat) in the following proportions.

FULL CREAM MILK (UK) OR WHOLE MILK (US)

Water	87.6%
Milk fat or Butterfat	3.6%
MSNF (9%)	
Lactose	4.6%
Protein	3.4%
Minerals	0.8%
	100%

THE COMPOSITION OF OTHER TYPES OF MILK, CREAM AND BUTTER

	FAT %	M.S.N.F %	SUGAR %	TOTAL SOLIDS %	WATER %
WHOLE MILK	3.6	8.8	0	12.4	87.6
MILK POWDER					
full cream	27	70	0	97	3
skimmed	<1	>96	0	97	3
EVAPORATED	9	22	0	31	69
SWEETENED CONDENSED					
whole milk	9	22	44	75	25
skimmed milk	0	26	44	70	30
WHIPPING CREAM	38	4	0	42	58
UNSALTED BUTTER	>82.5	< 1.5	0	84	16

MILK & CREAM FAT CONTENTS FOR UK AND USA

	UK Milk fat %	US Milk fat %
Skim milk	0.1	0.5
Low fat milk	—	0.5-2
Full cream UK	3.5	
Whole milk US		3.25-4
Half and half	—	> 10
Half cream	> 12	—
Light cream	—	18
Single cream	> 18	—
Whipping cream	> 35	30
Heavy cream	—	36
Double cream	> 48	—
Clotted cream	> 55	check package

NOTE : Almost all milk in the USA is homogenised.

ICE CREAM

The secret of sweet ice-cream making is having a correct balance of ingredients:

- Between fat and sugar.
- Between total solids and water.

There are a number of opinions about this. However, these are the areas within which acceptable ice creams can be made that can be stored.

It is possible to make ices outside these proportions provided they are eaten within hours of their making. However, they will frequently deteriorate in quality if stored and defrosted.

The fat/sugar ratio should ideally be within these proportions to ensure there is enough sugar to overcome or balance the fattiness of the mix.

Fat in the UK should not be less than 5% or more than 20%. At much below 5% it will be a sherbet. If it is more than 20%, there is a danger of the ice cream becoming very dense and chewy.

Sugar should not be less than 12 % and not really more than 20 %.

THE FAT/SUGAR BALANCE

FAT %	SUGAR %	normal commercial ice cream range
6	11.0	
7	12.5	
8	13.0	
9	13.5	
10	14.0	
11	14.5	
12	15.0	
13	15.5	
14	16.0	
15	16.5	
16	16.5	
17	16.5	
18	16.5	
19	16.5	
20	16.5	

THE T.S. (TOTAL SOLIDS) TO WATER BALANCE

This ensures among other things adequate smoothness and body.

Too much water = large ice crystals = insipid taste and no body.

Too little water = sandiness due to the crystallisation of the lactose.

Total solids includes sugar, fat, and MSNF (see page 296.) plus any solids in fruit etc. that has been added to the ice cream.

MSNF will absorb in the region of six times their own weight of water in a mix. This is important as excess MSNF will create lactose crystallisation in storage, and too low a percentage could lead to iciness in storage due to all of the water not having been absorbed.

THE FORMULA FOR CALCULATING THE PERCENTAGE OF MSNF NEEDED

$$\text{MSNF \%} = \frac{100 - (\% \text{ of all solids other than MSNF})}{7}$$

So for a mixture with 8% fat and 13% sugar:

$$\text{MSNF} = \frac{100 - (8 + 13)}{7} = \frac{100 - 21}{7} = 11.3\%$$

MSNF should be 11.3%

For commercial ice creams and gelati, according to Preti in *Gelato Artigianale Italiano*, the percentages by weight of ingredients in ice cream should be within the following percentages.

Sugar 14-20%
Fat 6-14%
MSNF 6-11%

For quality home-made ice creams and gelati the figures should be within following:-

Sugar 16-18%
Fat 8-11%
MSNF 9-10%

Ice creams below 30 % in total solids are likely to be icy in texture.

In order to calculate the various percentages and make up of ice-cream recipes, we find the following chart simplifies the calculations.

CALCULATIONS

All calculations are done in weights *not* volumes

	Weight	Fat	MSNF	Sugar	Other solids
Sugar					
Milk*		3.6%	8.8%		
Cream*		36%	5.4%		
Egg yolk 20 g each		33%			17%
Egg white 40 g each					14 %
Flavour**					
Total weight		Total fat	Total MSNF	Total sugar	Total other solids
Percentage of total weight		Fat %	MSNF %	Sugar %	Other solids %

Fat + MSNF + Sugar + Other solids = Total solids_____ %

Notes

*Milk and cream percentages are minimum legal figures. It is for this reason we have taken the cream (whipping UK; heavy USA) fat percentage at 35 % as in analysis it always comes out a few percentage points above the legal minimum. Ice-cream manufacturers check each delivery and calculate the mix on the basis of the result. (For other creams and lactic products, see chart on page 310.)

**See chart on page 313 for fruit and vegetable solid and sugar percentages. For other ingredients see page 310.

SAMPLE CALCULATION

This calculation is based on Rich French Vanilla Ice Cream, see page 72.

All calculations are done in weights *not* volumes

	Water	Sugar	Other solids	Total solids (Sugar + other solids)
Apple	85	11	4	15
Apricot	85	10	5	15
Avocado	68	1	31	32 (Fat 24%)
Banana	74	19	7	26
Blackberry	85	9	6	15
Blackcurrant	81	10	9	19
Blueberry	77	20	3	23
Carambola (Star fruit)	91	4	5	9
Cherry (Morello)	85	11	4	15
Cherry (Sweet)	83	13	4	17
Clementine	87	10	3	13
Coconut	45	5	50	55 (Fat 36.5%)
Cranberry	87	8	5	13
Currant	16	66	18	84
Date (dried)	20	65	15	80
Elderberry	81	7	12	19
Fig	80	13	7	20
Fig (dried)	25	54	21	75
Gooseberry	87	10	3	13
Grape	81	16	3	19
Grapefruit	89	9	2	11
Greengage	81	14	5	19
Guava	81	7	12	19
Jackfruit	73	15	12	27
Kiwi	84	10	6	16
Lemon	90	3	7	10
Lime	91	2	7	9
Lychee	82	17	1	18
Mandarin	87	10	3	13
Mango	82	13	5	18
Medlar	87	4	9	13
Musk Melon	87	12	1	13
Nectarine	88	9	3	12
Orange	86	10	4	14
Papaya (Paw Paw)	88	2	10	12
Passion fruit	77	13	10	23
Peach	88	9	3	12
Pear	84	10	6	16
Pepper	91	3	6	9

A programme to make these calculations is available to download from www.icecreamsorbetsandgelati.com

THE COMPOSITION OF FRUIT AND VEGETABLES PERCENTAGES BY WEIGHT

	Water	Sugar	Other solids	Total solids (Sugar + other solids)
Apple	85	11	4	15
Apricot	85	10	5	15
Avocado	68	1	31	32 (Fat 24%)
Banana	74	19	7	26
Blackberry	85	9	6	15
Blackcurrant	81	10	9	19
Blueberry	77	20	3	23
Carambola (Star fruit)	91	4	5	9
Cherry (Morello)	85	11	4	15
Cherry (Sweet)	83	13	4	17
Clementine	87	10	3	13
Coconut	45	5	50	55 (Fat 36.5%)
Cranberry	87	8	5	13
Currant	16	66	18	84
Date (dried)	20	65	15	80
Elderberry	81	7	12	19
Fig	80	13	7	20
Fig (dried)	25	54	21	75
Gooseberry	87	10	3	13
Grape	81	16	3	19
Grapefruit	89	9	2	11
Greengage	81	14	5	19
Guava	81	7	12	19
Jackfruit	73	15	12	27
Kiwi	84	10	6	16
Lemon	90	3	7	10
Lime	91	2	7	9
Lychee	82	17	1	18
Mandarin	87	10	3	13
Mango	82	13	5	18
Medlar	87	4	9	13
Musk Melon	87	12	1	13
Nectarine	88	9	3	12
Orange	86	10	4	14
Papaya (Paw Paw)	88	2	10	12
Passion fruit	77	13	10	23
Peach	88	9	3	12
Pear	84	10	6	16
Pepper	91	3	6	9
Persimmon	81	16	3	19
Pineapple	85	13	2	15
Plum	84	12	4	16
Prune	24	55	31	86
Pumpkin	91	3	6	9
Quince	83	8	9	17
Raspberry	84	6	10	16
Redcurrant	85	8	7	15
Rhubarb	94	2	4	6
Strawberry	90	6	4	10
Tomato	94	3	3	6

Source: Food Composition and Nutrition Tables 1986/7, Wissenschaftliche Verlagsgesellschaft MBH, Stuttgart

ALCOHOL IN ICES

There is a considerable temptation to go on adding alcohol to an ice until the mixture tastes right, but, because alcohol depresses the freezing point, adding more than a certain amount can result in a mix that never freezes.

Below are both the guidelines given as a simple rule of thumb and, for the enthusiastic mathematician, the formula on which they are based.

First check the freezer temperature (see page 70) to ensure that it is able to achieve a low enough temperature to freeze ices with the alcohol content you choose.

As an overall guide we would advise freezing overnight ALL ices that have had alcohol added.

Depending on the alcohol used and the type of "Ice"™, the following rules apply in a 1 litre/4 cups/32 fl oz mix:

Weight for weight, ethanol has 7.4 times the effect of sucrose on the freezing point of the mix.

Spirits

(40 % alcohol by volume) reduce the freezing point per 1 litre/4 cup/32 fl oz mix by

in sorbets: approx 0.6Â°C (1.1Â°F) per 15 ml/1 Tbsp added

in ice creams, gelati and parfais: approx 1.0Â°C (1.8Â°F) per 15 ml/1 Tbsp added

Fortified wines, sherry and port

(20 % alcohol by volume) reduce the freezing point per 1 litre/4 cup/32 fl oz mix by

in sorbets: approx 0.3Â°C (0.6Â°F) per 15 ml/1 Tbsp added

in ice creams, gelati and parfaits: approx 0.6°C (1.1°F) per 15 ml/1 Tbsp

Wines

(10 % alcohol by volume) reduce the freezing point per 1 litre/4 cup/32 fl oz mix by

in sorbets: approx 0.2°C (0.4°F) per 15 ml/1 Tbsp added

in ice creams, gelati and parfaits: approx 0.3°C (0.6°F) per 15 ml/1 Tbsp added

Beers

Alcohol contents in beers vary considerably, so check the percentage of alcohol by volume and be guided by the rules for wine (10 % alcohol by volume) above.

THE MATHEMATICALLY MINDED MAY LIKE TO CALCULATE IT THEMSELVES:

$$\Delta T = \frac{1860 \cdot C}{M(100 - C)}$$

where C = % concentration
M = molecular weight
Molecular weight of EtOH = 46

For example

1% EtOH in water $\Delta T = \frac{1860 \cdot 1}{46.99} = 0.40^\circ\text{C}$

1% EtOH in 35% solids mix. $\Delta T = \frac{1860 \cdot 1}{46.65} = 0.62^\circ\text{C}$

Conversions & Substitutes

ICE-CREAM MAKER’S GUIDE FOR VOLUME CONVERSION

Metric		Imperial		US		
ml	litres	fl oz	pint	cup	fl oz	pint
25	.025					
30		1.0		¹ / ₈		
50		1.75				
62		2.0		¹ / ₄		
75		2.5				
85		3.0		¹ / ₃		
100	.100	3.5				
125	.125	4.0		¹ / ₂	4	¹ / ₄
142		5.0	¹ / ₄			
150		5.25				
155		5.5				
170		6.0				
185		6.0				
200		7.0				
220		7.5				
250	.250	8		1	8	¹ / ₃
255		9.0				
285		10	¹ / ₂			
500	.500	16.0		2	16	1
570		20	1 pt			
1,000	1.0	32	1 pt 12 fl oz	4	32	2
1,125	1.10	40.0	2 pt	5	40	2 ¹ / ₂

MISCELLANEOUS CONVERSIONS

1 teaspoon	= 5 ml	
1 Tablespoon	= 15 ml	
One US cup	= 16 Tablespoons	= 48 teaspoons
	= 8 fl oz	= 250 ml

FRACTIONS OF CUPS TO ML TO TABLESPOONS

$\frac{1}{16}$ cup	= 15.6 ml	= 1 Tablespoon
$\frac{1}{8}$ cup	= 31.25 ml	= 2 Tablespoons
$\frac{1}{4}$ cup	= 62.5 ml	= 4 Tablespoons
$\frac{1}{3}$ cup	= 83.3 ml	= 5 Tablespoons
$\frac{3}{8}$ cup	= 93.75 ml	= 6 Tablespoons
$\frac{5}{8}$ cup	= 156.25 ml	= 10 Tablespoons
$\frac{2}{3}$ cup	= 167 ml	= 11 Tablespoons
$\frac{3}{4}$ cup	= 187.5 ml	= 12 Tablespoons
$\frac{7}{8}$ cup	= 218.75 ml	= 14 Tablespoons
1 cup	= 250 ml	= 16 Tablespoons
2 cups	= 500 ml	= 32 Tablespoons
4 cups	= 1,000 ml	= 64 Tablespoons

SUBSTITUTES

TO MAKE UK WHIPPING CREAM FROM UK DOUBLE CREAM

Use 3 parts UK double cream by volume to 1 part whole milk by volume.

Whisk briefly.

MAKING WHIPPING/HEAVY CREAM FROM BUTTER

Not many people know that making cream into butter is a reversible process. You can convert butter back into cream. However, the butter must be fresh. Old butter gives an off (rancid) taste.

Converting cream to butter is done in many parts of the ice-cream industry as butter keeps much better than cream, and is easier to transport. Frozen it can and does last for years.

We have included this information as a result of enquiries from people who live in parts of the world where fresh cream is unavailable.

	Metric	US	Imperial
Whole milk	125 ml	$\frac{1}{2}$ cup	4 fl oz
UNSALTED* butter	115 g	1 stick	4 oz
Makes about	250 ml	1 cup	8 fl oz

If you want to make cream from butter take the measured quantity of milk and the measured quantity of unsalted butter and heat them gently in a saucepan until the butter melts. Then liquidise for about three 10-second bursts. Cool in the refrigerator.

This cream is equivalent to whipping cream (UK) or heavy cream (US) approx 35% fat.

*YOU MUST USE UNSALTED BUTTER

Making Ices Commercially

*This is a machine for making ice cream.
It is not a machine that makes money.
It is what **you** bring to it
that makes the money.*

JOHN JAMES. MANAGING DIRECTOR RSS HEREFORD. UK

When we were first asked to add this chapter to the book we sought out the advice of a friend who is that unusual combination of a business man and a chef. He had made an enormous success of running an Italian restaurant in the depths of the Welsh countryside; no small feat.

The first visit to meet Franco Taruschio was when he still owned the Walnut Tree Inn, near Abergavenny in Wales in 1995. Back then it taught us a very interesting lesson about restaurants and ices. After a very memorable meal, the dessert menu arrived and on it were featured no less than 12 ice creams and about 10 sorbets, as well as the usual range of non-frozen desserts. When asked why he had such a large range he made some very interesting points.

Almost everyone who visited his restaurant ordered a dessert, usually an ice cream or a sorbet or a selection of them. Very few people had no dessert, because by arranging his menu this way with so large and attractive a range of ices, he was saying to his customers not “do you want a dessert,” but “which dessert do you want?” As a canny restaurateur Franco ensured that diners choose a dessert, usually an ice, and the most profitable item on the menu.

There were additional bonuses. Once the ice-cream section was up and running it proved to be the easiest part of the kitchen to manage. Soon after they opened The Walnut Tree Inn in 1963, Ann & Franco had purchased a small 4 litre/1 US gallon, batch ice-cream freezer and employed a local lady who each day made a number of the ices. She stayed with them for 36 years producing this most profitable part of the menu with little fuss or bother. If Franco can do this why haven’t more restaurants recognised the value of ices on their menu? For that matter why haven’t more people recognised the profit to be had in well made ices?

Before starting to make ices to sell or to give away free, you would do well to consider the following points:-

1. If you are going to sell ices to 3rd parties you will require a Food Hygiene Certificate and permission from the local Environmental Health Department, who will inspect the area in which you plan to make, store and serve the ices. In the UK the ice-cream maker (chef/cook/dairy worker/caterer) needs a Food Hygiene Certificate (Basic) as a minimum requirement. The course is one to two days with a final examination in order to qualify. In the USA, state and city requirements vary so check them out. Elsewhere, you would be well advised not to take anything for granted; so check locally before you start. Your local inspector can be a good friend or a bad enemy, so start on the right foot.
2. It is essential that you carefully consider your customers and then the type and quality (cost) of ice cream that you want to sell. This will dictate the type of equipment and ingredients you will need. See stabilisers and emulsifiers at the end of this chapter.
3. Pasteurisation is a very important factor. Milk and cream must be pasteurised. This can be done by your supplier or yourself. If your recipe requires a homemade custard base it must be raised to 85°C (185°F). This becomes an increasingly difficult proposition as you increase the quantity of custard. A commercial pasteuriser can rapidly heat and cool a mix and store it before churning, for up to three days. An alternative is to buy a ready pasteurised ice-cream mix from your dairy. Or, it is possible to buy pasteurised milk and cream and a pasteurised powder-base mix, but once mixed this must be churned immediately.
4. Assess the quantity of ices. Are they required immediately or in the future? If your ices are a success, could you cope with an increased demand? Consider the capacity of the ice-cream machine needed, as well as containers, freezer storage space and might transport be needed. This too is closely regulated. Consider foot fall/covers and seasonal variations. Be realistic and do plenty of research.
5. Do you have adequate and reliable suppliers of ingredients?
6. Make careful and realistic costings, including, rent, rates, gas, electricity, labour (even if it is yours), ingredients, cleaning and wastage.
7. Is adequate additional labour available? Initially this will be primarily your own, but you may want an occasional break. If you are seriously committed to making a success of selling your own ice cream, it is hard, unrelenting work.
8. Be sure of the type of ices you want to make as this will influence the type of equipment and ingredients you will need for production. You would be best to start as you mean to continue. A good consistent product will develop a returning customer base.
9. Pay attention to what is going on around your business, the seasons and the town around you. Latch onto local events, and Halloween, (slug and snout ice cream). Christmas means Christmas cake ice cream and Easter, egg-shaped scoops dipped in chocolate.
10. Remember that unusual flavours are always good copy for hungry editors or local radio and television.

NOTE: - If you are a farmer and looking to use up surplus milk and cream, making and selling ice creams is probably not the best way to do it.

The quantity required initially will probably not exceed 100 litres (26.5 US gallons) per week which produces up to 140 litres (37 US gallons). This will make approximately 1,250 scoops each 80 gram/2.8 oz.

EQUIPMENT – GENERAL COMMENTS

Domestic machines (generally priced at under £400/\$600) are unsuitable for small restaurants or light commercial use, as they cannot withstand sustained hard use.

With machines/equipment there is no “best buy”.

Carefully and realistically calculate the amount of ices you would need on a daily basis and build in some margin for expansion as the business increases. Before committing to equipment consider renting or leasing, as well as reconditioned equipment.

Before purchasing consider:-

• Machinery should match your output plus margin for expansion. (Small machines need more labour/time/skill.)

• Space needed to house and operate equipment.

• Stock levels. How many days supply do you want to carry? Or would you prefer to make it a selling point that your ice cream is made fresh every day. The larger the production the more freezer storage you will need.

• Your long-term goals and investment strategy. Calculate a break-even point for the cost of equipment.

• Will the production be open to public view, the current trend for ice-cream parlours in the USA?

• If you become a supplier to restaurants or other outlets YOUR reliability is vital.

• Servicing and guarantees offered. You must be able to get your equipment serviced and repaired without delay.

COST OF EQUIPMENT

MINIMAL ICE-CREAM PRODUCTION

In the next stage beyond domestic machines there are a number of options available.

TYPES OF MACHINES

Buy a **small capacity machine** with its own compressor.

Small commercial counter-top, batch-freezer machines, like CARPIGANI, CATTABRIGGA, TELME (COREMA), CUISINART, MUSSO, NEMOX, ROBOTCOUPE and SIMAC make from 1.5 litres/ 1.5 US quarts per batch and will make about 6 litres/6 US quarts per hour. They are completely self-contained, with their own freezing unit. They measure approximately 50 cm — 30 cm / 24 inches — 12 inches — 12 inches and will easily sit on a counter top. Just plug them in to the electricity and you are in business; pour in the mix and out comes the ice cream in about 20 minutes.

They cost from £600/\$900 to about £2,500/ \$3,750. (See Useful Addresses page 324.) For reasons we can never understand they are usually cheaper in the USA than in the United Kingdom. However do not try to import one from the USA to the UK, the electric voltage and the AC cycles are different.

These machines are all vertical freezers (they are loaded and unloaded from the top). You will also need pasteurising facilities.

Advantages

• Cost of a small machine is low.

• Low overrun, around 30%, (they churn at 60 to 100 rpm) has a more intense flavour due to the lower amount of air incorporated.

• Great for small production runs when developing new ices and trying out new flavours.

Disadvantages

• Produces small quantities up to 2 litres/ 2 US quarts per batch, say about 2 to 3 batches per hour.

• Low overrun is a cost disadvantage for commercial sale.

• Labour intensive.

The **PacoJet** is a totally different approach and uses state of the art technology. It is mainly, perhaps exclusively, suitable for chefs or pâtissiers who have the additional professional expertise to deal with this sensitive machine (See company website for pictures of the equipment and a video of how it works. www.pacojet.com).

It is ideal for small, up-market restaurants.

The major advantage of a PacoJet is that you can break most of the rules and make ices with less sugar and/or solids than are normally required. This gives the restaurateur a huge advantage and opens up all sorts of opportunities for creativity. The mix is put, un-churned into special cylinders, that are provided with the machine, and frozen.

When a portion is required, the cylinder of frozen ice cream, gelato or sorbet is removed from the freezer and the container attached directly to the PacoJet. A high speed blade then shaves off extremely fine slivers of the ice, 2 microns thick. (1 micron is 1 thousandth of a millimetre or 0.00004 of an inch. As the human tongue has difficulty detecting ice crystals less than 20 microns, an ice cut to 2 microns thickness is very smooth and glossy, and can be served immediately.)

It processes a portion in 20 seconds and is immediately ready to serve, or hold for service in a freezer. The frozen cylinder is immediately returned to the freezer neither tempered nor defrosted, which means there is no disruption to the chill chain.

This, as the manufacturer says “means fresher, faster and more profitable ice-cream production”™. However some old hands and purists say this is not true ice cream.

NOTE: It is necessary to add glucose (corn syrup) or Trimoline to ice creams and sorbets made in a PacoJet. Simply substitute about 5% of the sugar (sucrose) with glucose (corn syrup) or Trimoline. This aids scooping and gives the gloss to the finished ice. Price of a PacoJet is around £ 2,000/\$3,000.

Advantages

• Very compact.

IÂ Â Very swift almost instant production.

IÂ Â No tempering, therefore minimum wastage.

IÂ Â Enormous scope for creativity.

IÂ Â Has other restaurant operations for soups, farcies etc.

Disadvantages

IÂ Â Not perfect for all ice creams, sorbets and gelatos as it cannot deal with textures such as definable fruit, chocolate chips etc.

IÂ Â Operator must know exactly how to use it. It is easily damaged by misuse.

IÂ Â You need to understand the principles and operation of the machine to get the best out of it.

It is still possible to buy **old-fashioned bucket-type machines** that are cranked either electrically or by hand.

In the USA White Mountain (see Useful Addresses page 324) still make commercial-size machines that produce anything up to 6 US quarts. These are like the original mid-19th century machines that need salt and ice to enable the ice cream to freeze. Nowadays, they have electric motors, as churning a machine of this capacity by hand is very hard work.

Advantages

IÂ Â They are compelling to watch and a real crowd puller for all ages.

IÂ Â The texture of hand-churned ice cream is unique and meets with universal approval.

Disadvantages

IÂ Â They are messy, and take large supplies of salt and ice which melts to corrosive brine.

IÂ Â The canisters take a lot of freezer storage space.

IÂ Â Care must be taken to see that salt does not get into the ice cream.

COST OF EQUIPMENT – INTERMEDIATE LEVEL

At this level you are going to be spending a considerable amount of money on machinery. So it is good to know that there are companies who will “hold your hand” all the way through this process.

Starting with an assessment of the site for a prospective business they will advise, cost, specify and install equipment. They also offer training on site in the UK, USA and Italy, or at either The Carpigiani University of Ice Cream, or the Corema Ice Cream Academy. CARPIGIANI, COREMA and CATABRIGGA have distributors all over the world and are among the world leaders in commercial machines. A medium-size machine would produce around 6 litres (6 US quarts) per batch or about 30 litres (30 US quarts) per hour. Small to medium-sized batch freezers cost from Â£10,000 (\$15,000) upwards. To this you definitely need to add a pasteuriser (approximately Â£10,000/\$15,000) and a small blast freezer (Â£2,000/\$3,000). For contact details of commercial machines, see Useful Addresses page 324.

Advantages

IÂ Â The above three companies offer complete care package.

IÂ Â Their machines practically have a brain of their own and are amazingly simple to use and even easier to clean.

IÂ Â They can be plumbed in and connected to cooking boilers and pasteurizers as well as ageing vats.

IÂ Â Their average churn speed is over 100 rpm, considerably faster than the small commercial machines, however this produces increased overrun.

IÂ Â Percentage of ice crystals is smaller and the ice is therefore smoother.

IÂ Â This investment will enable you to develop into production of over 100 litres/100 US quarts per hour if necessary. They can process a batch in around 8-12 minutes.

IÂ Â Their network of experienced technicians and advisors will help in all areas of production problems and immediate servicing.

Disadvantages

IÂ Â Bigger production needs more space.

IÂ Â Not good for experiments or trial runs.

IÂ Â Large machines are not good for gourmet/specialist ice creams.

IÂ Â You may need several market outlets, and therefore freezer transport, to take full advantage of the capacity of the machines.

IÂ Â You will need a 3-phase power supply

NOTE: There are other companies who make machines, but we know that Carpigiani, Cattabrigga and Corema all have a worldwide service system.

ICE-CREAM PARLOURS

If you have any thoughts of opening an ice-cream parlour make sure you get as much advice as possible, as early as possible.

Never, ever forget that the first three most important rules about sighting a shop are Location, Location and Location. Location can make or break your business.

There are companies who specialise in this and you would do well to talk to one of them at the very beginning. Some of them will give you a complete design and supply contract from the machinery, storage and serving cabinets, chairs, tables even down to cutlery and glasses and the smallest operating details and arrange the complete installation of everything. They will help you, advise you, train you and point out the pitfalls.

Consider other adjuncts to the basic making and selling of ice cream to maximise the business and see you through bad summers and cold winters. Coffee, ice cream cakes, pastries, chocolates and pannini/sandwiches are the usual choices.

Here are some costs for the MANUFACTURING EQUIPMENT ONLY from RSS in Hereford in the UK, using Corema equipment (see Useful Addresses page 324).

They do not include any work that may be required by the local planning and food safety inspectors who will certainly specify wall and floor finishes and specialist lighting, ventilation and heating equipment. Neither do the figures include fitting the machinery. They assume that there will be adequate supplies of hot and cold water available.

Investment Cost ex VAT Approx production

Low Â£15,000/\$22,500 kg/35 lb per hour
Â Â Â Â Â Â Â Â Â 96 kg/211 lb per day

Medium Â£35,000/\$52,500 kg/88 lb per hour
Â Â Â Â Â Â Â Â Â 240 kg/529 lb per day

High Â£50,000/\$75,000 kg/198 lb per hour
Â Â Â Â Â Â Â Â Â 540 kg/1188 lb per day

COST OF MANUFACTURE

In order to give you some idea of costs and selling prices as well as margins we have done some rough calculations. Obviously costs of materials can vary according to season and supplier. This should be borne in mind when reading these figures.

These costs are calculated on cost of materials only. No allowance is made for equipment/labour costs/ rental/heat/light/water or overheads etc., etc.

To make a very basic ice cream, referred to in the trade as a white mix, costs in the region of Â£1.00 per litre/\$1.50 per 2.11 US pints. This consists of milk, cream, sugar and a manufactured powder base of stabilisers and emulsifiers and sometimes a small amount of vanilla.

For the flavour, or "add-ins"™ (nuts, fruit etc) you should allow anything up to an additional cost of up to Â£ 2.00 per litre/\$3.00 2.11 US pints.

This brings the cost of the liquid mix to a total maximum of Â£ 3.00/\$4.50 per 3 litre batch/6.3 US pints.

To fill one Napoli pan you need about 3 litres of liquid mix (as above). After churning this mix will make in the region of 5 litres/10 ½ US pints of ice cream, depending on the percentage of overrun and add-ins.

5 litres/10 ½ pints US = approx 40 scoops*

*These scoops weigh approx 80 g (2.8 oz)

Cones cost (wholesale) 12-16p each
(US 18-22c each)
We have averaged this cost at 15p (US 22c) each.

Assuming a retail price of an ice-cream cone Â£1.20 per cone (US \$ 1.80)

For UK

Minimum cost price of filled cone. 15p cone + 7.5p
ice cream = 22.5p
Retail price is Â£ 1.20 therefore gross profit = 97.5p or 533 %

Maximum cost of filled cone 15p cone + 22p ice
cream = 37.0p
Retail price is Â£ 1.20 therefore gross profit = 83p or 324 %

For USA

Minimum cost price of filled cone. 22c cone +
11c ice cream = 33c
Retail price is \$ 1.80 therefore gross profit = \$1.25 or 545 %

Minimum cost price of filled cone. 22c cone +
33c ice cream = 55c
Retail price is \$1.80 therefore gross profit = \$1.25 or 327 %

From these very approximate calculations you can begin to see the profit potential for ices.

Bear in mind that Vanilla (the cheapest ice cream to make) outsells all other flavours. It is usually over 50% of the sales.

RECIPES

All the recipes in this book that need churning can be made in any of the small machines mentioned and can be made up to about 4 times multiples of the basic recipe without modification.

There are a number of books on commercial ice-cream making (Bibliography page 328). Machine makers and mix makers often have their own recipe books.

CONSIDERATIONS IN USING STABILISERS AND EMULSIFIERS AND ICE-CREAM MIXES

Although you may start off with definite intentions to make a wholly pure ice cream, to be honest without the aid of these mixes and their stabilisers and emulsifiers it is difficult to make large quantities of ice cream in these sophisticated larger machines.

There is inevitably a trade off in adding stabilisers and emulsifiers to commercial ices.

Plus factors

• The result can be easily scooped at -8°C , so they are therefore much easier to handle and store.

• Commercial mixes will happily create an overrun of 30–50% or more, this increases profit by incorporating air.

• It is possible to make “creamy” tasting ices with less cream or even in sorbets, where there is no cream at all.

• Minimum labour/time cost in making quantities of ices in a large-scale machine.

Minus factors

• They distort what ice cream originally was.

• There is a loss of the real flavour and true consistency.

• Can have starkly commercial flavour, consistency, texture and appearance. E.g. there is often a dazzling whiteness in commercial ice cream that does not occur in home-made ice creams other than yoghurt based ices.

• Texture and appearance, e.g. there is often an elasticity to the finished ice.

Useful Addresses

This is a list of suppliers who we know and have used. It is by no means exhaustive and there are many others you may know or prefer. Unfortunately manufacturers come and go as do the items they sell so this list will be subject to change but was up to date at the time of publication.

INGREDIENTS

MASTIC, SALAP OR SA[™]ALAB

Usually found in Turkish and Middle Eastern stores

UK Green Valley

36–37 Upper Berkeley Street
London W1H5QF
020 7402 7385
E mail greenvalley@btclick.com

USA

We have been advised that this Turkish store in New York has salap and mastic. <http://www.tulumba.com>

KARO SYRUP

Found in better supermarkets and delis or from <http://www.letseatdirect.com>

MILK POWDER

Nido Full Cream Milk Powder

Available from most Middle Eastern shops or mail order from

UK

www.malikstores.co.uk

USA

www.amazon.com

FLAVOURED TEAS FOR SORBETS & ICES

Algerian Coffee Stores

52 Old Compton Street,
London W1D 4PB
Tel. 020 7437 2480
www.algcoffee.co.uk

TARTARIC ACID

Can be obtained from home brewing and wine-making companies or by mail order from:

Easy-Brew

Tel: 01425 479972
www.easy-brew.com

SPICES, DRIED HERBS & VANILLA

USA

Penzey's has a vast range of herbs and spices and a range of cinnamon from various countries
(800) 741 7747
<http://www.penzeys.com>

ORGANIC TOBACCO

UK

G Smith & Sons
74 Charing Cross Road
London WC2H 0BG
Tel 020 7836 7422
<http://smithsandshervs.com/>

USA

You need the loose tobacco in small pouches
Natural American Spirit, 100%
Chemical Additive Free Tobacco from

Santa Fe Natural American Tobacco Company

<http://www.sfnrc.com/Contact-Us/Customer-Contact.aspx>

PAPER CUPS FOR BISCUIT TORTONI

For the real original paper cups – they are still made by <http://www.genpak.com/cfm/contain-ersbycategory.cfm?catid=15>

GOLD & SILVER LEAF

Gold & silver leaf is also referred to as Vark. Take care that it is edible silver leaf. Some is aluminium leaf for picture framing.

UK

www.msk-ingredients.com

ICE – CREAM PARLOUR OR SODA – FOUNTAIN SUPPLIES

UK

Marcantonio Foods Ltd

Cones, mixes and all the accessories and sundries
Tel. 020 8591 3399
www.marcantonio.co.uk

USA

A. Panza and Sons Ltd

All the supplies you could possibly need for a soda fountain or an ice – cream parlour.
www.icecreamproducts.com

EQUIPMENT

Lakeland Ltd

Alexandra Buildings,
Windermere, Cumbria.
LA231BQ.
www.lakeland.co.uk

Ice – cream machines, plastic freezer boxes – all sizes – lolly moulds, bowls, spatulas, simple bombe moulds, whisks, freezer boxes and bags, ice mats and ice packs. In fact most of the equipment difficult to find elsewhere.

Whisk Kitchen Solutions

All Cuisipro products and ice-cream machines. Shops in central London. Chiswick, Ealing and Putney as well as mail order.
<http://www.whiskcooking.co.uk/>

Nisbets

Ice-carving tools and moulds, fridge and freezer thermometers, excellent whisks, ice-cream scoops/dippers. Professional ice-cream machines.
General equipment for the catering trade. Catalogue on request.
Tel. 0845 111 0285
www.nisbets.co.uk

USA

Prince Company

Everything a confectioner could possibly want. Also sell ice-carving equipment.
36 East 31st St, NY, NY 10016
Tel (212) 683-3553 / (800) 473-0577
www.jbprince.com

Fantes

Everything for the kitchen except the units. Mail order in USA only.
1006 South 9th Street
Philadelphia. PA 19147
www.fantes.com

Williams Sonoma

Complete range of kitchen equipment including pizelle makers and ice-cream making equipment. Mail order in USA only.

Tel. 877 812 6235
Tel. From outside USA 405 717 6131
www.williams-sonoma.com

CUISIPRO EQUIPMENT

Specialise in ergonomic kitchen equipment including spoon-shaped spatulas, measuring cups and measuring spoons in all sorts of useful sizes, lolly/sucker moulds
<http://www.cuisipro.com/>

Cuisipro UK Distributor Paul Hargreaves

29/31 Woodside Business Park
Birkenhead, Merseyside CH41 1EP
Tel 01 51 647 17 48
www.phassocs.co.uk

Cuisipro USA Distributor

802 Centerpoint Blvd.
New Castle
Delaware 19720
Tel: 302 326 4802
info@browneusa.com

GRANITA BOXES

Curver Plastics

These are the best. Grand Chef Range the boxes are either 30 Å— 30 cm (12â€ Å— 12â€) or 30 Å— 20 cm (12 Å— 8â€). These ensure that the granita covers as big an area as possible and makes it easy to fork.
www.curver.com

GRANITA FORK

RSVP International

Blending fork for granitas in stainless steel. Wholesale supplier to retail stores.
www.rsvp-intl.com/index.htm

KULFI MOULDS

Kulfi moulds in metal and plastic. These moulds are also available from all good Indian supply shops.

ICE-CREAM EQUIPMENT

FRANCE

E. Dehillerin

Excellent range of elaborate ice-cream moulds and bombes, and ice-cream moulds in stainless steel; cone shaped and Neapolitan rectangular for hokey pokey. Saccharometers and Å©prouvettes. Mail order and a wonderful shop in the centre of Paris.
18â€“20 Rue CoquilliÅ“re
Paris 75001
Tel. +33 1 42 36 53 13
www.e-dehillerin.fr

ICE-CREAM MACHINES

Magimix (UK) Ltd

19 Bridge Street
Godalming, Surrey
GU7 1HY
Tel. 01483 427411
<http://www.magimix.com>

White Mountain Freezer Inc

Ice and salt hand and electric freezers with stainless steel cans and wooden buckets available from
1 800 251 8824
www.brm-icecream.com

Cuisinart

www.cuisinart.com/products/ice_cream.html

DIGITAL REFRACTOMETER

Bellingham & Stanley

The ultimate "Boy"s toy" for checking density of sorbets

www.bellinghamandstanley.com

DIGITAL THERMOMETERS

Nisbets (see address above)

Omega

Tel. 0800 488 488

Tel from outside UK

+44 (0) 161 777 6611

www.omega.co.uk

LASER THERMOMETER

Another "boy"s toy" however this will check the temperature without touching the item www.omega.co.uk

MISCELLANEOUS INFORMATION

UK

Ice Cream Alliance

UK Independent Ice Cream Trade Association. Has conventions and publishes a magazine monthly.

<http://www.ice-cream.org/>

The Ice Cream Doctor

Dr Damon Wischik of Department of Computer Science at London University, has a very interesting calculator for ice cream content and balance.

<http://www.wischik.com/damon/recipe/icecream.html>

USA

Icecreamers

Collectors club which runs an annual convention and a bi-monthly newsletter and is a club for collectors of all items associated with ice cream and ice-cream parlours.

<http://www.icescreamers.com/>

National Ice Cream Retailers Association

Tel. 847-301-7500 | Toll Free: 866-303-6960

<http://www.nicra.org/>

National Dipper

Ice cream magazine for the industry published 6 times per year.

<http://www.nationaldipper.com/>

International Association of Ice Cream Vendors

<http://www.iaicdv.org/>

Painting Reproductions

(See page 255)

Angel Oil Painting Company

Shen Zhen. China.

www.angeloilpainting.com

FOOD HISTORY WEB SITES

Both these sites are brilliant and accurate, a rare thing on the internet.

Lynne Olver"s

<http://www.foodtimeline.org/>

Ivan Day"s

In addition Ivan runs a series of "hands-on" historic food courses including one on ice cream using original equipment.

<http://www.historicfood.com/portal.htm>

BOOKSHOPS

UK

Books for Cooks

4 Blenheim Crescent
London W11 1NN
Tel. 020 7221 1992
www.booksforcooks.com

USA
Kitchen Arts and Letters

1435 Lexington Avenue
(between 93rd and 94th St)
New York 10128
Tel. 212 876 5550
www.kitchenartsandletters.com

Jessica's Biscuit

Mail order cookbook shop
www.ecookbooks.com

ICE CREAM COURSES

UK
University of Reading

Department of Food and Nutritional Science
<http://www.reading.ac.uk/food/short-courses/foodbio-icecream.aspx>

USA
THARP & YOUNG

<http://www.onicecream.com/coming.html>

UK, USA and around the World The Ice Cream Bloke

Steve Christensen
www.icecreambloke.com

Canada
University of Guelph

Department of Dairy Science and Technology
www.uoguelph.ca

Courses are also run by the commercial equipment manufacturers
CARPIGIANI in most countries.
Details on their website under Gelato University.
www.carpigiani.co.uk

OUR 20 FAVOURITE SODA FOUNTAINS AROUND THE WORLD

ENGLAND
Morelli's

Harrods ground floor, 87-135 Brompton Rd, London SW1
<http://www.harrods.com/HarrodsStore/GlobalPages/RestaurantDetails.aspx?Id=789E4167-63A6-495a-9566-1C6D63AA7CF3>

Marine Ices

8 Haverstock Hill London NW3 2BL www.marineices.co.uk

Oddono's

14 Bute St, London SW7
<http://www.oddonos.com>

Fortnum & Mason's Soda Fountain

181 Piccadilly, London W1A 1ER
www.fortnumandmason.com

SCOTLAND

Equi's Ice Cream Parlour

9-11 Burnbank Road, Hamilton
Lanarkshire ML3 9AA
Tel. 01698 282494

Nardiniâ€™s

The Esplanade Cafe, 2 Greenock Road, Largs, KA30 8NF
Tel. 01475 675000
<http://www.nardinis.co.uk/>

FRANCE

Berthillon

31 Rue Saint- Louis en Lâ€™lle 75004
Paris
<http://www.berthillon.fr/>

ITALY

Ferdinando Buonocore

Via Vittorio Emanuele 35
Capri

Vivoli

Via Isole delle Stinche 7
Florence
Tel. +39.55.292334
<http://www.vivoli.it/vivoli-en.html>

Grom

Via del Campanile angolo via delle
Oche
50012 Florence
Tel. +39.55.292334
<http://www.grom.it/eng/index.htm>

Gelateria Alberto Pica

Via della Seggiola 12
Rome

Giolitti

Via Uffici del Vicario, 40
00186 Rome
Tel. +39 06 699 12 43
<http://www.giolitti.it/english/home.html>

Grom

Piazza Paleocapa, 1/D
10121 Turin
Tel. +39 011 5119067
<http://www.grom.it/eng/index.htm>

Gelateria Matteo

Viale del Centenario, 110
Lancusi. (Napoli)
Campagna
www.gelateriamatteo.it

Gelateria Di Piazza

Piazza Cisterna, 4
53037 San Gimignano SI, Italy
www.gelateriadipiazza.com

Gelateria Ugo SRL

Via Felice 24
40122 Bologna
Tel. 051 263 849

BRAZIL

Sorveteria Mil Frutas

Rua Garcia dâ€™Ãvila, 134, Rio de Janeiro 22421
Brazil
www.milfrutas.com.br

USA

Serendipity 3

225 East 60th Street
New York 10022
Tel. 212 838 3531
www.serendipity3.com

Franklin Fountain

116 Market Street
Philadelphia 19106
Tel. 215 627 1899
www.franklinfountain.com

Leopolds Ice Cream

212 East Broughton Street, Savannah, Georgia
Tel. 912 234-4442
www.leopoldsicecream.com

We have two other favourite ice-cream places in New York. They are not really ice-cream parlours, they are restaurants. However the quality of their ices deserves inclusion.

Our favourite New York restaurant is **Mario Batali's BABBO** and their other restaurant on 5th Avenue **OTTO**. They both serve outstanding ice creams, sorbets and gelati.

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PICTURE CREDITS

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[page 6](#) Postcard circa 1930; [page 12](#) Belgian [carte porcelain](#)TM printed card for Cafe Suisse, (Anvers) Antwerp; [page 19](#) The earliest known drawing of a sorbetto seller, for Raccolta Di Costumi del Regno di Napoli, 1817 by Bartolomeo Pinelli (1781-1835); [page 20](#) Emy, [L'Art de Bien Faire les Glaces](#)TM Office, Paris 1768; [page 22](#) Early Ice Cream Seller, The Cries of New York, Frances S Osgood. John Doggett. New York 1846; [page 24](#) Mr Charles Ice Stores, Lindsay House, Chelsea, London. Illustrated London News, January 1861; [page 25](#) Boys at ice cream stall, New York c 1910; [page 31](#) Les Mangeurs de Glaces, L Boilly, Paris 1825; [page 34](#) Penny Licks from Merrills of Hull catalogue, 1906; [page 43](#) Italian postage stamp, 2006; [page 45](#) This print from The Epicurean 1894 by Charles Ranhofer, is a redrawing of Emy 1768, see [page 20](#) (Note: Ranhofer has added some more putti, an ice cream making machine, a classical building and two thatched ice houses; [page 63](#) English postcard, Cleethorpes, 1912; pages 46-55 Equipment drawings by Judith Cheek; [page 65](#) Business card, Pure Ice Company, Providence R.I.USA, circa 1890; [page 67](#) English postcard, Blackpool, 1913; [page 68](#) English postcard, London, 1901; Pages 85, 89, 102, 112, 122, 131, 156, 157, 238 AskeyTMs catalogue, circa 1935; [page 99](#) English postcard, Blackpool circa 1910; [page 103](#) Fancy Ices by Mrs Marshall, Simpkin Marshall, London, 1894; [page 120](#) Merrills of Hull catalogue, 1906; [page 125](#) Book cover, Herman Senn, 1907; [page 142](#) Bonzo by George Studdy, circa 1930; [page 164](#) Belgian postcard, circa 1920; [page 170](#) Cream of Love, Currier and Ives, circa 1850; [page 209](#) Global Warming, 7th August 2003, *The Times*, by kind permission of Morten Morland, copyright NI Syndication, The NSPCC; [page 212](#) Victorian embossed scrapbook cutout, circa 1845; [page 218](#) Moulded ice creams from Mrs MarshallTMs Book of Ices, London, 1885; [page 220](#) W Franks business card, circa 1800; [page 228](#) Mrs MarshallTMs Fancy Ices, Simpkin Marshall, 1894; [page 231](#) British stamp 2007; [page 255](#) Copy of early 19th century mural in Le Grand V^ofour restaurant in Paris, painted by Ke Han Guang of Angel Art Shen Zhen, China; [page 261](#) Lightening Freezer, double-sided business card circa 1915; [page 271](#) Portuguese stamp 2009; [page 284](#) detail from [page 12](#); [page 289](#) DelmonicoTMs folded paper case for Bisquit Tortoni from [L'Epicurean](#) by Charles Ranhofer 1894; [page 294](#) ice cave from Mrs MarshallTMs Fancy Ices, London, 1894; pages 302 and 303 Soda fountain drawings by Jo Pattison.

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