

Simple but Scrumptious Ice-cream

I've just made a batch of ice-cream and will put the recipe here. It is SOOOO simple and quick, so delicious (very rich) and you can do absolutely anything with the base recipe. Add any fruits, chocolate, nuts, coffee, liqueur, pile it in glasses, or into a pie shell or over a cheesecake crust...whatever. The recipe comes from a little Dunedin-produced book called "Ice-cream for All" by one Fiona Hyland.

The base is:

2 eggs at room temperature
2 lots of 1/4 cup caster sugar
1 tbsp warm water
250-300 mls cream
1 tsp vanilla essence

Beat egg whites until peaks are formed, add 1/4 cup caster sugar and beat until stiff.

In another basin but the same beater, beat egg yolks and warm water until frothy, add 2nd 1/4 cup caster sugar and beat until thick and pale.

In a third basin (larger) beat the cream until very thick, add vanilla and beat to mix.

Fold yolks then whites into cream. Place mixture in a plastic ice-cream tub (makes about 1 1/2 litres) and place in freezer until frozen and needed.

This particular batch, I folded in the remains of the last lot of lemon curd. Scrumptious. Pureed rhubarb and a tsp of ground ginger is another favourite of mine.