

Coffee Ice Cream and Strawberry Ice Cream – Past Mistress Pattenmaker Eileen Eskenzi

You can adapt the recipe to any flavour of your choice providing you follow the basic steps:-

EQUIPMENT:- 3 bowls, an electric hand whisk and a large spoon.

BASIC INGREDIENTS:-

- 4 eggs separated
- 4oz (125g) icing sugar, sieved
- 1/2 pint (300) double cream, whipped
- 2 rounded tablespoons instant coffee dissolved in 3 tablespoons boiling water.
- 1 tablespoon of Camp Chicory and Coffee Essence Pinch of salt

METHOD:-

- 1) In a bowl whisk the egg yolks with 1 TBS of icing sugar until the mixture is 'mousse-like'. Whisk in the Camp coffee essence.
- 2) In a bowl whisk the double cream until almost stiff and whisk in one tablespoon at a time the cooled coffee. When the coffee has been absorbed and the cream is thick, fold in the yolk mixture.
- 3) A grease-free bowl and clean whisk. Add a pinch of salt to the egg whites and whisk until almost stiff. Add the remaining icing sugar, spoonful by spoonful, until you have a stiff meringue. Carefully fold coffee cream into meringue - spoonful by spoonful.
- 4) Pour coffee ice cream into a plastic container. Cover and freeze.
- 5) Remove the ice cream from the freezer a few minutes prior to serving.

STRAWBERRY ICE CREAM:-

- **300g Strawberries, hulled and** liquidised with 3TBS good quality Strawberry Jam (optional -1 drop red food colouring).

METHOD:-

- 1) Whisk the yolks with 1 TBS icing sugar until 'mousse-like'..
- 2) Whip the cream until stiff and spoonful by spoonful whisk in the strawberries and jam. Fold yolk mixture into the strawberry cream.
- 3) Make the meringue as above. Carefully, spoonful by spoonful fold the strawberry cream into the meringue. Pour into plastic container and freeze.

WALNUT and MAPLE SYRUP ICE CREAM:-

BASIC INGREDIENTS :-

- 4 eggs separated,
- *3oz (100g) icing sugar (*less sugar than 'Basic Recipe' because using Maple Syrup)
- 1/2 pint(300ml) double cream
- 4oz(125g) Walnuts finely chopped, 1 TBS Camp Coffee Essence and 4TBS Maple Syrup.

METHOD:-

Follow 'Basic Recipe' and gently spoon the walnuts, Camp and Maple Syrup into yolks and whipped cream. Fold this into meringue. Pour into container and freeze.

CHOCOLATE ICE CREAM:-

BASIC INGREDIENTS - PLUS:-

- 4oz(125g) 70% dark chocolate, 1TBS cocoa
- 2TBS Cognac or Rum or Tia Maria and 3 TBS milk.

METHOD:-

Put chocolate, cocoa and liquids into a bowl placed over a saucepan of simmering water. Gently melt chocolate mixture. Blend chocolate into whisked yolks. Spoonful by spoonful add cooled chocolate mixture into the whipped cream and finally fold this spoonful by spoonful into the meringue. Pour into plastic container and freeze.

The computation of flavourings which can be blended into the basic ice cream recipe is endless. Just enjoy experimenting with various seasonal fruits, soaked dried apricots liquidised, coconut or drained, liquidised frozen mixed fruits, but sieve pips and seeds prior to folding into basic recipe. If these can get stuck in your teeth it's most irritating!!

NB. Please mention to your guests that the Ice Cream is made with fresh eggs.