

Myself for You

Fruit Crumble Ice cream



Ice cream

500ml double cream
500ml yoghurt
1 tin (397g) sweetened condensed milk

Berries

800g fruit (so far I used gooseberries, black & red currents, marionberries rhubarb, plums, sometimes I also mix several fruits)
400g sugar (this might vary a bit on the chosen fruit and how sweet you like the ice cream)

Crumble (Optional)

50g cold butter
150g flour
100g sugar

After an abundance of berries and other fruit in our garden I decided give ice cream making without an ice cream maker a go. After some experimenting I this is how I make it these days:

First prepare the ice cream. Whip the double cream until it just starts to thicken. Don't over whip, it should just be floppy. Add yoghurt and sweetened condensed milk and mix again. Pour it into polythene boxes - only half / three quarters full, and place into freezer. You can leave it there for up to 2 hours before adding the fruit / crumble.

Place your fruit with the sugar into a saucepan over medium heat, stir until all the sugar has dissolved, then let it come to the boil and boil until the fruit is soft. Remove from heat. If you use berries put the mixture in a fine sieve set over a mixing bowl, and mash them with a wooden spoon until you have all the pulp extracted. Discard anything in the sieve. Let your fruit cool down.

If you use rhubarb you have to bake it as you will have otherwise too much water which will form ice crystals when frozen. Trim the rhubarb and cut into 3cm pieces. Place them on a tray and sprinkle the sugar and 1 tbsp lemon juice over. Bake for 25-30cm. Let the rhubarb cool down.

If you like some crunch to your ice cream you can add crumble. Preheat your oven to 180C . Rub together butter, flour and sugar with your hands until it resembles bread crumbs. Spread onto a baking tray and bake for 5min or until golden brown. I prefer them just about done so that they are a bit gooey in the ice cream. Once they have cooled down break them into small pieces - but not too small.

Once your fruit / crumble has cooled down get your ice cream out of the freezer and add it into your tubs. Take a fork and mix it under so you get a ripple effect. Put it back into the freezer and leave overnight to set. Before serving, leave it to stand for ten minutes or so, until you can easily scoop it.