



Adult Learning Within Reach

Member Lecture – 19 August 2021

Of ice and men: a history of ice cream

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Recipe: Gin and lime sorbet

Ingredients

- 4 limes – zest of
- 8 limes – juice of
- 500ml of simple syrup (made up of equal parts of water and sugar)
- 250ml of water
- 1-2 tablespoons of gin or vodka

Note: if you'd like a stronger taste of gin/vodka, reduce the amount of water by the additional amount you want to add. It will be softer but still a gin and lime slushie!

Method

1. Make the simple sugar syrup, stir in the sugar until dissolved, bring to the boil then take off the heat to cool.
2. Grate and, if necessary, fine-chop the lime zest.
3. Combine the lime juice, zest, syrup and water.
4. Add the gin or vodka.
5. Churn in your ice cream machine according to instructions, possibly adding a lightly whipped egg white to the sorbet base for improved texture and consistency (not usually necessary if the sorbet is likely to be consumed soon after being ready).

Still-freezing (without using an ice cream machine)

1. Refrigerate the sorbet base until chilled.
2. Put in a preferably flat, freezer-safe container, cover with film and lid and put in the freezer.
3. After approx. 45 mins, take out and churn the sorbet with a fork or similar, evening out what has started to freeze and breaking large ice crystals in the process.
4. Return to the freezer and repeat churning process every 45 mins for at least 3-4 hours.

Recipe: Granny's brown bread ice cream

Ingredients

- 100g wholemeal or brown bread
- 200ml whole milk
- 3 egg yolks
- 100g sugar
- 300ml double cream
- Handful of sultanas

Topping

- 2 teaspoons of breadcrumbs
- 1 teaspoon of sugar
- Few pinches of ground cinnamon

Method

1. Soak the bread in the milk and stand to one side for an hour or so.
2. Beat the egg yolks in a large mixing bowl until pale and fluffy, add the sugar and beat well.
3. Pour in the cream and whisk until the mixture has almost doubled in size.
4. Run a finger through – it should feel airy, light and fluffy and stay on your finger (note a common mistake is to beat too hard, knocking out all the air as quickly as you beat in – you want a firm and rhythmic hand, but not too much vigour – it should stand in soft peaks when you lift the whisk out, otherwise it will set very hard).
5. Drain the milk from the brown bread, give it a gentle squeeze and tear it into small pieces.
6. Fold the bread pieces through the whipped cream mixture with the sultanas.
7. Pour the mixture into a loaf tin or plastic container.
8. Mix together the breadcrumbs, sugar and cinnamon and scatter over the top.
9. Cover with film or lid to seal and freeze for at least 4 hours.
10. Remove from freezer 5 minutes before serving.