

COOKING CUISINE

29th June 2022

Ice Creams and Sorbets Mango & Coconut Ice Cream

Serves 8

Equipment

- Food Processor
- Freezable Container with Lid

Ingredients

- 400ml coconut milk
- 400gr ripe mango
- 2 tbsp honey, maple syrup or agave syrup
- pinch of salt

for serving:

- coconut flakes, pistachios chopped or fresh raspberries.

Directions

- Put all ingredients into a food processor and blend briefly
- Transfer into a plastic container and smooth with a spoon
- Cover and freeze for at least three hours
- Before serving leave out of freezer for 10 minutes before scooping and serving.



Cucumber Sorbet

Serves 6

Equipment

- Food processor
- Freezable Container with Lid

Ingredients

- 700 gr (1 large) Cucumber, peeled and seeded
- 100 gr granulated sugar
- Juice of 1 lemon
- 2 mint leaves (optional)

Directions

- Cut the peeled and seeded cucumber into chunks.
- Place in the food processor with the other ingredients and mix a
- Until smooth
- Transfer to an airtight container, and freeze breaking up with a fork 2-3 times until frozen.
- Remove from freezer 5 min before serving. Use as desert or add to drinks, such as prosecco or sparkling wine.

Strawberry & Buttermilk Ice Cream

Serves 8

Equipment

- Saucepan
- Wooden spoon
- Bowl
- Freezer container

Ingredients

- 400ml Buttermilk
- 500 gr mascarpone or 500 ml heavy cream
- 40 gr granulated sugar
- 3 tbsp honey
- 50 gr strawberries (blackberries, raspberries, etc)
- 1 tbsp granulated sugar
- 1 tbsp marsala, sherry or bourbon

Directions

- Heat the mascarpone in a small saucepan over medium heat. Stir in the honey and granulated sugar is dissolved. Remove from heat, cover and sit in refrigerator to cool
- Cook the berries with 1 Tbps sugar over medium heat until a liquid forms. Strain the liquid away, unless thickened. Put in freezer in a bowl to cool
- When both mixtures are completely cooled,
- Remove from fridge/freezer. Stir in the buttermilk with the mascarpone cream. (if using an ice cream mixer pour in the cream mixture and towards the end of the churning process add the berries)
- Alternatively, Pour the mixture into a freezable container with a lid, add the berries and stir carefully to combine. Set in the freezer for at least three hours and break up occasionally with a fork to avoid crystals forming until completely set. Remove from freezer 5 minutes before serving.