

**MAGIMIX OFFERS A GOLD SEAL REPAIR SERVICE FOR THE GELATO CHEF 2200**

**MAGIMIX UK Ltd., 19 Bridge Street, Godalming Surrey GU7 1HY - Tel. 01483-427411**

# GELATO *chef* 2200

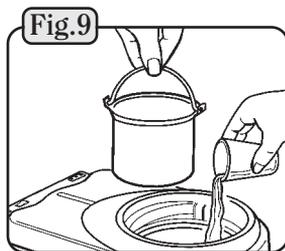
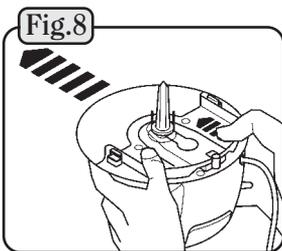
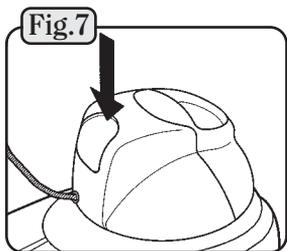
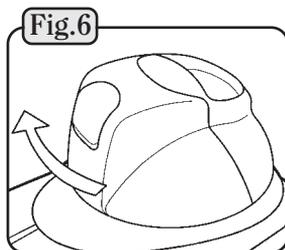
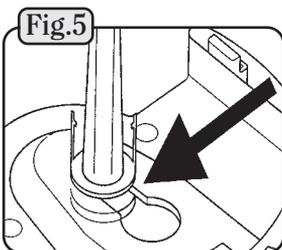
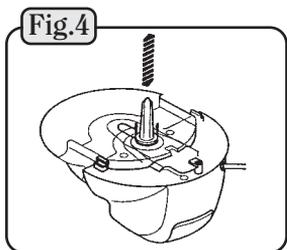
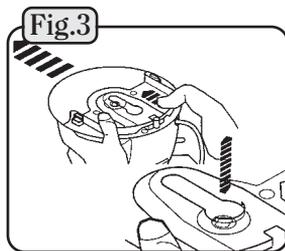
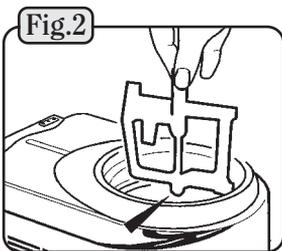
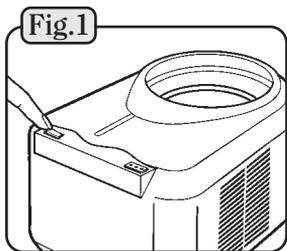
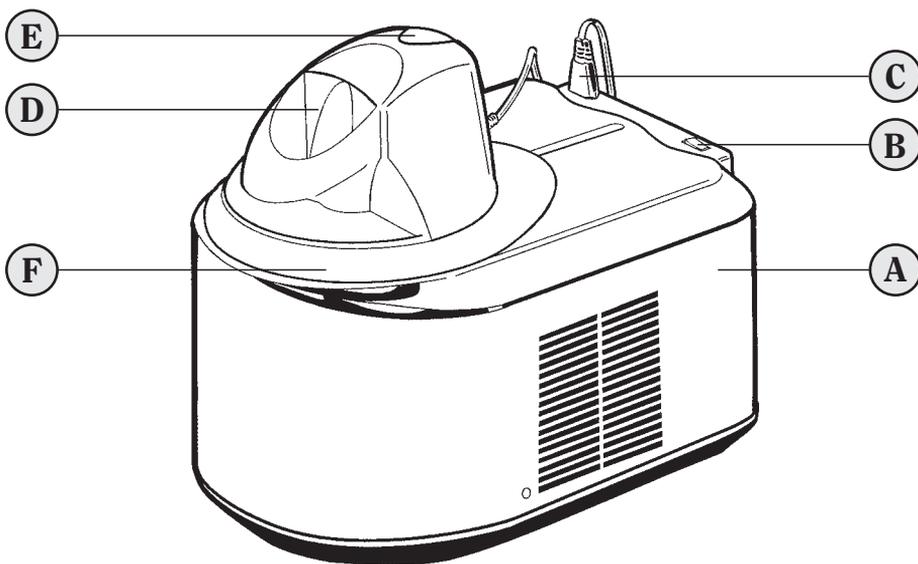


## ICE CREAM & SORBET MAKER

INSTRUCTION AND RECIPE BOOK FOR GELATO CHEF 2200  
WHITE AND CHROMED MODELS

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U.K. LTD



# ELECTRICAL INSTRUCTIONS

**WARNING: 1) This appliance must be earthed.**

**2) a plug with bared flexible cord is hazardous if engaged in a live socket.**

If the fitted plug has been cut from the power supply cord, it should be destroyed and replaced with an appropriate three pin plug in accordance with the following code:

BLUE: neutral  
BROWN: live  
GREEN YELLOW: earth

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter 'N' or coloured BLUE or BLACK.

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter "L" or coloured BROWN or RED.

The wire which is coloured GREEN or GREEN / YELLOW must be connected to the terminal marked with the letter "E", or by the symbol  or coloured GREEN or GREEN / YELLOW. If the supply cord is damaged it must be replaced by a Service Dealer.

Always replace the fuse cover of the fitted plug, never use the plug with the fuse cover omitted. If a replacement fuse cover is required, ensure it is the same as the one visible on the pin face of the plug (i.e. RED or ORANGE).

Fuse covers are available from BBS Limited, Unit G, Grovella Industrial Estate, Wrecclesham Road, Farnham, Surrey, GU10 4PL Phone: 01252 727755

Use a 13 amp fuse approved by ASTA to BS 1362, marked thus:



## IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. **Read this instruction booklet carefully** before installing and using the machine.
2. To protect against risk of electric shock, **do not immerse the electric motor assembly** in water or any other liquid or allow any liquid to spill onto any part of the machine.
3. Close supervision is necessary when any appliance is used near children. The appliance must be installed out of the reach of children and is not intended for their use.
4. As with any electrical equipment it is advisable to be within the vicinity of the machine whilst in operation. If left unattended whilst in operation, Magimix cannot be held responsible for any subsequent consequence.
5. Always remove the plug from the mains when not in use, before putting on or taking off parts, and before cleaning.
6. Avoid contact with moving parts. Keep hands and utensils out of cylinder bowl while in use to reduce the risk of injury to persons or to the appliance itself. Do not use sharp objects or utensils inside the cylinder bowl. Sharp objects will scratch and damage the bowl. A plastic or wooden spoon may be used, when the appliance is in the "off" position.
7. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to the Authorised Service Centre for examination, repair or electrical or mechanical adjustment.

8. The use of attachments not recommended or sold by the appliance manufacturer may cause fire, electric shock or injury.
9. Do not use outdoors.
10. Do not let the lead hang over the edge of the table or counter or touch hot surfaces.
11. This appliance is for household use only. An Authorised Service Centre should perform any servicing other than cleaning and user maintenance.

## SAVE THESE INSTRUCTIONS

Materials and articles destined for use in contact with food products conform to the **EC Directives 89/109**.

In addition, this appliance complies with the requirements of the Low Voltage Directive 72/23 and subsequent amendment 93/68, and the Electromagnetic Compatibility Directive 59/336.



## IMPORTANT INFORMATION FOR CORRECT DISPOSAL OF THE PRODUCT IN ACCORDANCE WITH EC DIRECTIVE 2002/96/EC

At the end of its working life, the product must not be disposed of as urban waste. It must be taken to a special local authority differentiated waste collection centre or to a dealer providing this service. Disposing of a household appliance separately avoids possible negative consequences for the environment and health deriving from inappropriate disposal and enables the constituent materials to be recovered to obtain significant savings in energy and resources.



As a reminder of the need to dispose of household appliances separately, the product is marked with a crossed-out wheeled dustbin.

## DESCRIPTION

- A. Main body of the machine, with compressor and stainless steel 1.5 litre capacity fixed bowl
- B. Freezing switch
- C. Cord for paddle motor.
- D. Paddle motor.
- E. Switch for paddle motor
- F. Locking ring.

## ACCESSORIES:

- Spindle for paddles.
- Paddle for fixed bowl
- Removable bowl.
- Paddle for removable bowl.
- Plastic ice cream spoon.

## IMPORTANT:

This Ice Cream Machine contains its own refrigerant which must be allowed to settle after transit. **Leave the Ice Cream Machine on a horizontal surface for at least 12 hours after purchase or after any move which might have stored the machine the wrong way up.**

## USING THE MACHINE FOR THE FIRST TIME

Hygiene is extremely important when making ice cream. Before starting to use your ice cream machine, wash thoroughly all parts which come in contact with ice cream (fixed bowl, removable bowl, paddle, spindle, transparent lid and plastic spoon).

## **DO NOT SWITCH ON THE BUTTON ON THE MAIN BODY OF THE MACHINE UNTIL YOU HAVE READ ALL THESE INSTRUCTIONS.**

Always use your Ice Cream Machine on a firm, flat surface near a convenient power outlet. Place the machine so that the ventilation slots on either side are unobstructed. Check that the voltage shown on the rating plate corresponds to the voltage of the mains. Connect the plug to an electrical socket.

## **MAKING ICE CREAM IS EASY!**

1. Connect the plug to an electrical socket
  2. Turn the freezing switch on (B) for at least 5 minutes before pouring the ingredients in.
  3. Place the paddle into the bowl.
  4. Lower the lid and motor unit (D) onto the bowl.
  5. Switch the paddle motor on (E).
  6. Pour the mixture in.
- In 20/40 minutes you will taste the best ice cream, frozen yoghurt or sorbet.

## **OPERATING WITH THE FIXED BOWL**

Press the button (B) situated on the body of the machine (fig. 1) – this will switch on the compressor. The yellow indicator light will come on. Allow the compressor to run for at least 5 minutes to start cooling the bowl before pouring in the mixture. Place the paddle into the fixed bowl; make sure you use the correct paddle – the larger with a bump on the bottom is to be used in the fixed bowl. (Fig. 2) The flat based paddle is used for the removable bowl.

Fit the motor-lid assembly as follows:

- Allow the clear lid to slide until the “Keyhole” part of the clear lid is over the hole in which the spindle fits (fig. 3).
- Push the spindle into the hole (fig. 4).
- Slide the clear lid back into position, until a click is heard, this means that it is properly slotted in. Ensure that the non-keyhole part of the lid fits between the top and bottom collars of the spindle (fig. 5).

Lower the lid and motor unit onto the bowl whilst inserting the spindle into the top of the paddle.

Turn the motor and clear lid in order to fit the tabs on the locking ring (F) into the holes on the motor (Fig. 6).

Connect the cord of the paddle motor (C) to the socket on the machine body and switch on to start operating the paddle.

**Warning:** ensure the paddle motor is fully locked otherwise it will not be possible to switch it on. Connect the cord of the paddle motor (C) to the socket on the machine body and switch on to start operating the paddle (fig. 7).

Next, pour in the previously prepared chilled mixture.

Depending on the quantity of ingredients and recipe used, you will have a delicious fresh ice cream in 20/40 minutes.

**IMPORTANT: Never turn off the freezing switch (B) when the machine is working.** In case you accidentally switch it off or the power fails, wait at least 10 minutes before turning it on again. The compressor is fitted with a safety device to prevent any possible damage to the motor unit. Should you restart the machine immediately after it has been switched off, the compressor will not freeze although the compressor will sound as if it is on.

When the ice cream has reached a good consistency, before you switch off the paddle motor, the paddle may change its direction of movement.

This in no way damages the motor or the paddle, but it is nonetheless a good idea to immediately turn the motor off as soon as this occurs.

If a firmer consistency of ice cream is desired, leave the freezing switch (B) on for a further 5-10 minutes.

**Warning:** remember to switch the freezing switch (B) motor off; otherwise your ice cream will harden too much!

Ensure you have switched the paddle motor (E) off, then remove the paddle motor and transparent lid turning anti-clockwise and unplug the appliance.

Spoon out the ice cream using the enclosed plastic spoon or use a wooden spoon, so as not to damage the sides and bottom of the bowl.

Then remove the paddle – scrape it and spoon the remaining ice cream out from the bowl.

After removing the ice cream, wait a few minutes until the bowl is no longer too cold to touch, then use a damp cloth or paper towel to remove any residues of ice cream before washing it thoroughly.

## OPERATING WITH THE REMOVABLE BOWL

The removable bowl allows you to prepare different flavours in a short time.

To use the removable bowl, proceed as follows:

Pour 25 ml of alcohol or any liquor into the fixed bowl. As an alternative to alcohol, you can use a solution of salt and water (20 ml of Water – 5 g of salt). However, should you use salt and water it is **important to thoroughly clean both bowls after use to remove any particles of salt, particularly on the removable bowl to avoid corrosion.**

Simply fit the removable bowl inside the fixed bowl (fig. 9). This ensures optimum transmission of the low temperature between the fixed and the removable bowl ensuring perfect ice cream.

**Important:** there are two slots where the handle of the removable bowl should be located. If the removable bowl is not in the correct position the paddle motor can not be fitted.

Switch on the freezing switch (B), insert the paddle for the removable bowl and lower the lid and motor unit onto the bowl inserting the spindle into the top of the paddle. Connect the cord of the paddle motor (C) to the socket on the machine body and switch on to start operating the paddle.

Pour the chilled mixture in.

When the ice cream is ready, remember to switch the freezing switch off, otherwise your ice cream will harden too much. Ensure you have switched the paddle motor off.

Then remove the paddle motor and transparent lid turning anti-clockwise and unplug the appliance.

Once you have removed the ice cream, thoroughly clean the removable bowl and importantly the fixed bowl of water and salt or alcohol.

If the removable bowl turns round in the fixed bowl either the wrong paddle has been used or too much liquid ( alcohol or salt and water solution ) has been used between the two bowls.

**Important, if you do use the removable bowl please note that the quantities of ice cream mixture should be slightly less ( approximately 600 g ( 1 pint ) mixture ), and the churning time will take a little longer particularly for sorbets.**

## **PREPARATION OF THE MIXTURE**

Select your recipe and follow it to prepare the mixture. Pay attention to the following:

- Use peeled fruit and ingredients free of any waste matter.
- Always chill the ingredients in the your fridge before pouring into the machine. This will reduce the time required to make the ice cream.
- Do not prepare more than 700 / 800 g (1 1/2 pints ) mixture. This will allow the volume to increase during churning to maximum bowl capacity.
- Never attempt to make less than 400 g ( 3/4 pint ) of mixture

## **STORING ICE CREAM**

### **In the ice cream maker**

When the ice cream is ready you can keep it covered in the ice cream maker for approximately 10-20 minutes. Make sure that the paddle has been removed and the freezing switch (B) switched off, otherwise the ice cream will harden too much.

### **In the freezer**

The ice cream can also be stored in the freezer for up to 1-2 weeks, depending on the ingredients used. Do not store it for too long, never more than two weeks, as it will lose flavour, quality and freshness.

Should you wish to store the ice cream in the freezer pay attention to the following:

Store the ice cream in a clean, well sealed container suitable for freezing.

Storage temperature must be at least  $-14^{\circ}\text{C}$ .

Attach a label to the container with the date when it is made and what kind of ice cream it is.

**Defrosted or semi-defrosted ice cream must never be put back into the freezer.**

Before serving we suggest you either remove the ice cream from the freezer about 30 minutes beforehand and place it in the refrigerator, or leave it for 10/15 minutes at room temperature.

### **Maximum storage time**

Never exceed the recommended storage time:

Ice cream made with fresh, raw ingredients: up to one week;

Sorbet or yoghurt-based ice cream: from one to two weeks at the most;

Ice cream made with cooked ingredients: up to two weeks.

## **BATCHES**

If you wish to make a second batch we advise you clean the bowls and paddles thoroughly as detailed earlier.

## APPLIANCE CLEANING AND MAINTENANCE

Before starting to clean make sure that the machine is switched off and unplugged.

To release the paddle motor from the clear lid, proceed as follows:

- push the cover with your thumbs as shown in fig. 8 until the keyhole part of the clear lid is over the hole in which the spindle fits.
- Remove the spindle from the motor.

Wash the paddle, the spindle, the clear lid and, if necessary, the removable bowl and wash them in warm, soapy water.

Wash out the fixed bowl with a sponge and dry it with a cloth.

**Use a damp cloth to clean the paddle motor.**

**NEVER IMMERSE THE MOTOR AND THE MAIN BODY OF THE ICE CREAM MAKER IN WATER.**

Important: when the removable bowl is used, it is essential to eliminate every trace of the salt / water solution from the outside of the bowl. This will prevent corrosion.

### SERVICING

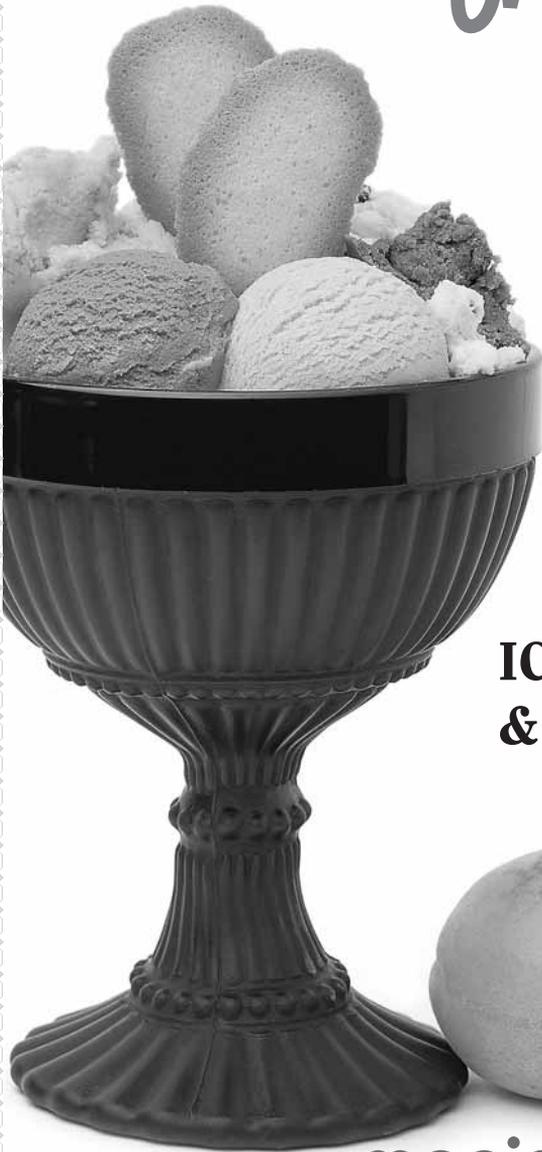
Points to check before calling Service Number:

1. Has the machine been stored / delivered the wrong way up.
2. Has the machine been left to rest 12 hours after transit.
3. If the machine is not freezing, has the freezing switch inadvertently been turned on and off in quick succession.
4. If the paddle motor is not working, check it has been fully locked into position and the switch (E) is fully depressed.
5. If the paddle motor does not fit properly, ensure the removable bowl is fitted correctly and not causing an obstruction.
6. If the machine body becomes hot, check if warm air is coming out of the vents. If not the machine is faulty.
7. Providing the machine has been correctly operated, it should not take more than 40 minutes to make a batch of ice cream.

After checking these points please ring Magimix on 01483-427411 or if you have any queries on the functioning of the machine.

If your machine is faulty it will be dealt with by our Service Department. Please retain your packaging should it be necessary to return it for repair.

# GELATO *chef* 2200



**ICE CREAM  
& SORBET MAKER**



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Ice cream has for too long been the convenience food that is bought from the supermarket and fed to the children or in the luxury version, bought from the delicatessen and fed to the grown ups. Home made ice cream has sadly been forgotten, for it has a wonderful fresh flavour, is cheap and does not have the addition of any chemicals or additives. However, just putting the mixture in the freezer results in an ice cream which is both crystallized and granular, and even stirring and beating it at regular and frequent intervals does not always work.

The Gelato Chef 2200 Ice Cream Maker, in the simplest way, mixes and churns whilst the mixture is freezing, which gives perfect ice cream and a uniform smooth and light mixture.

This booklet gives the basic recipes for a custard based ice cream, a parfait and for a sorbet, with various suggestions for flavouring them. It also gives recipes for extra quick "no cook" ice creams, low fat ice creams, ice cream sauces and has a section for children which includes the ever favourite "Chocolate Ice Cream" with a condensed milk base. All these ice creams are easy to make and some of them will take no more than five minutes in the kitchen whilst giving an end result that is fresh, creamy and delicious.

Ice cream or sorbet can be made from almost any edible, flavoured cream or liquid, so do not be afraid of experimenting or of changing to a different flavour in any of the recipes given. You may find that some of the recipes are too rich for every day use. If this is so, substitute single cream, yoghurt, fromage blanc or even milk for some or all of the double cream. For those who are unable to tolerate dairy produce, Soya milk or Tofu can be used as a substitute. Soya milk ice cream can be made almost as creamy as conventional ices by the inclusion of 2 tablespoons of oil (such as sunflower oil) to 1/2 pint (300 ml) soya milk. Artificial sweeteners can be used in place of sugar but can only be used in recipes that do not require sugar syrup. When making a custard base ice cream, add the sweetener to the custard after it has cooled. This is because artificial sweeteners lose their sweetness when heated above a certain temperature. As long as you have the flavouring and sweetness that you like, you can more or less do as you wish.

Ice cream can be stored in a covered container in the freezer, but if you do this remember to put it in the main part of the fridge for about half an hour to soften up before you eat it. Ice cream should be eaten when it is soft, for not only does the texture taste better, but the flavours come through properly. It is recommended that sorbets are eaten very quickly and yoghurt ice cream within a day or so. Rich cream based ice creams will keep, but after a week or two will start to lose the taste of the more delicate flavours.

Ice cream is always popular, seems to be liked by everybody, and now, with the Gelato Chef 2200 Ice Cream Maker is both easy and quick to make at home with wonderful tasting and impressive results. Enjoy it and have fun.

## IMPORTANT NOTICE

1. The ice cream and sorbets produced in the Gelato Chef are a slightly soft, perfect for eating, consistency. If you require a harder finished product then transfer the mixture to a container and place it covered in a freezer for one to two hours.
2. You can use between 3/4 pint (400 g.) and 1 1/2 pints (800 g.) of unfrozen mixture, depending on the recipe used; mixtures containing cream or egg whites will increase substantially in volume during the freeze/churning process.

## FOR BEST RESULTS

A firmer consistency will be achieved if the mixture is chilled before use and the button on the body of the machine switched on for at least of 5 minutes to start cooling the bowl before putting in the mixture.

## RECIPES

### VANILLA ICE CREAM (Custard Based)

Custard made with egg yolk and cream is the traditional base of many ice creams. Below is the classic Vanilla Ice Cream, but if you omit the vanilla you can use the custard base with many different flavourings and there are several examples in this booklet.

4 egg yolks - 4 oz (100 g) caster sugar – 1/2 pint (300 ml) milk – 1/2 pint (300 ml) double cream – 2 teaspoons vanilla essence (or to taste)

Pour the milk in a saucepan and slowly heat it to boiling point. In a bowl beat the egg yolks and sugar together and then still beating pour over the milk. Return the mixture to the pan and stirring constantly heat it until the mixture forms a film over the back of a wooden spoon. Do not let it boil or it will separate. Remove the pan from the heat, leave it until cold then stir in the cream and vanilla essence.

(Mixture approximately 1 1/2 pints)

### COFFEE PARFAIT

A parfait is another classic type of ice cream which is made by pouring a hot sugar syrup over egg yolks. The mixture is then cooled before cream and any flavouring is stirred in. These instructions are for a coffee parfait, but it is equally good flavoured with freshly squeezed lemon juice or with pureed cherries, either fresh or tinned, and a dash of cherry brandy.

3 oz (75 g) sugar - 4 egg yolks – 3/4 pint (450 ml) double cream - 2 tablespoons instant coffee.

Pour the sugar and 4 tablespoons water in a small saucepan. Place it on the heat and stir constantly until the sugar has dissolved. Bring to the boil and boil until you have a light syrup (about 4-5 minutes), (230°F, 110°C). In a mixing bowl whisk the egg yolks, and whisking continuously pour on the slightly cooled syrup. Whisk until it has amalgamated then leave until it is cold. Dissolve the coffee in a tablespoon of water; stir it and the cream into the egg mixture.

(Mixture approximately 1 1/4 pints)

## **VANILLA ICE CREAM WITH YOGHURT**

1/2 pint (300 ml) single cream – 1/2 pint (300 ml) plain yoghurt - 4 oz (100 g) Caster sugar (or taste) 2 teaspoons vanilla essence.

Place the cream and sugar together in a saucepan and heat it slightly, stirring all the time, until the sugar has dissolved. Leave until cold, whisk in the yoghurt and the vanilla essence. (Mixture approximately 1 pint)

## **LOW FAT VANILLA ICE CREAM**

1 pint (600 ml) skimmed milk - 5 tablespoons dried milk powder - 4 oz (100 g) caster sugar – 1/2 teaspoons vanilla essence.

Put the milk in a saucepan over a gentle heat. Add the sugar and sprinkle the milk powder over the top. Stir until both the sugar and the milk powder are dissolved, being careful not to let the mixture boil. Remove the saucepan from the heat and when cold stir in the vanilla essence.

## **RICH CHOCOLATE ICE CREAM**

2 egg yolks - 2 oz (50 g) caster sugar - 8 fl. oz (250 ml) milk - 1/4 pint (150 ml) double cream - 4 oz (100 g) plain chocolate.

Using the egg yolks, sugar and milk, make a custard following the instructions for Vanilla Ice Cream. While it is still hot break the chocolate into it and stir until it has melted and the mixture is smooth. Leave until cold.

(Mixture approximately 1 pint)

## **ICE CHOCOLATE MILK**

1 pint (600 ml) milk -2-3 heaped tablespoons cocoa -2 oz (50 g) caster sugar.

In a saucepan heat the milk and sugar together stirring to dissolve the sugar. Put the cocoa into a small bowl and pour a little hot milk over it, stirring to dissolve the cocoa powder, then slowly add the remaining milk. Leave until cold.

(Mixture approximately 1 pint)

## **ALMOND AND CHOCOLATE CHIP ICE CREAM**

Ice Cream - 4 egg yolks - 4 oz (100 g) caster sugar - 1/2 pint (300 ml) milk - 1/2 pint (300 ml) single Cream - 1 packet chocolate chips - 2 oz (150 g) blanched split almonds.

Follow the instructions for the Vanilla Ice Cream, using the egg yolks, sugar and milk to make a custard base. While it is cooling toast the almonds under the grill. Watch them very carefully to stop them burning and turn them often to brown them on all sides. Stir the cream into the cold custard base and pour it into the ice cream maker.

When the ice cream is half made and starting to thicken, add the almonds and chocolate chips so that they are mixed into the finished ice cream, for a special occasion, this ice cream is delicious with the addition of three or four tablespoons of brandy.

(Makes up to 1 1/2 pints mixture)

### **MINT CHOCOLATE CHIP ICE CREAM**

1/2 pint (300 ml) milk - 1/2 pint (300 ml) double cream - 3 oz (75 g) caster sugar - 5 oz (150 g) plain chocolate - 1 teaspoon peppermint essence - A few drops green food colouring (optional) - 4-5 tablespoons creme de menthe (optional).

Dissolve the sugar by putting it and the milk in a saucepan and heating it slightly. Leave the milk until cold. Grate the chocolate and keep it on one side. Stir the cream, peppermint essence and, if you are using them, the food colouring and creme de menthe into the cooled milk. Pour it all into the ice cream maker. Just as the ice cream starts to thicken add the grated chocolate and then continue freezing the mixture.

(Makes approximately 1 1/4 pints)

### **COFFEE AND SULTANA ICE CREAM**

3 oz (75 g) sultanas -3 tablespoons brandy -1 pint (600 ml) single cream -4 egg yolks - 4 oz (100 g) caster sugar -1 level tablespoon instant coffee.

Put the sultanas to soak in the brandy and leave overnight or for several hours. Use the cream, egg yolks and sugar to make a custard base following the directions for Vanilla Ice Cream, and leave until cold. Dissolve the coffee in a tablespoon of hot water and add it and the sultanas and brandy to the custard base.

(Makes up to 1 1/2 pints mixture)

### **RUM AND RAISIN ICE CREAM**

Substitute the raisins and rum for the sultanas and brandy and omitting the coffee, follow the directions for the Sultana and Coffee Ice Cream.

### **BROWN BREAD ICE CREAM**

6 oz (175 g) brown breadcrumbs - 1 pint (600 ml) single cream - 4 oz (100 g) caster sugar - 2 large eggs (separated) - 1/2 teaspoon vanilla essence - 2 tablespoons sweet sherry (optional).

Spread the breadcrumbs out in a roasting tin and bake them in a medium hot oven, turning them frequently, until they are browned; this will take 10-15 minutes. Use 1/2 pint (300 ml) cream, the sugar and the egg yolks to make a custard (See Vanilla Ice Cream) and leave it until cold. Stir the breadcrumbs, the remaining cream, the vanilla essence and the sherry (if used) into the cold custard and pour it into the ice cream maker.

Whisk the egg whites until they form soft peaks and add it to the ice cream when it is starting to freeze.

(Makes approximately 1 1/4 pints mixture)

## **FROZEN MEUSLI AND YOGHURT**

8 oz (250 g) meusli (without any dried fruit) - 2 oz (50 g) raisins - 1 tablespoon water - 1/2 pint (300 ml) plain yoghurt - 1/2 pint (300 ml) milk or single cream - 2 oz (50 g) Demerara sugar.

Soften the raisins by soaking them for several hours in the water. Mix all the ingredients together. (Makes up to 1 1/2 pints mixture)

## **TOASTED OAT, APPLE AND FROMAGE FRAIS ICE CREAM**

4 oz (100g) porridge Oats - 2 eating apples - 2 oz (50 g) hazelnuts (chopped) - 1/2 pint (300 ml) Fromage Frais or soured cream - 1/2 pint (300 ml) single cream - 4 tablespoons runny honey (or to taste).

Mix the oats and nuts together and put them under the grill for a few minutes to brown. Watch them carefully and turn them carefully. Peel and core the apples and grate the fruit finely. Stir together the Fromage Frais and cream and add all the other ingredients, checking to see if it is sweet enough.

(Makes approximately 1 1/4 pints)

# **SAUCES**

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## **HOT CHOCOLATE SAUCE**

5 oz (150 g) plain chocolate - 1 oz (25 g) caster sugar - 1 oz (25 g) unsalted butter.

Put the broken up chocolate, the sugar and 4 tablespoons water in a small saucepan. Melt the chocolate over a gentle heat, then slowly increase the heat and boil for 2 minutes. Beat in the butter and serve hot. This is good over many ice creams including Banana, Coffee, or Vanilla.

## **MELBA SAUCE**

8 oz (250 g) raspberries - 3 oz (75 g) icing sugar - Juice of 1/2 a lemon.

Mash or puree the raspberries and, if you wish, strain out the pips by sieving the puree. Stir in the icing sugar and the lemon juice. This sauce can be served hot or gently heated. It is especially good with the Peach and Sour Cream Ice Cream, the Brown Bread Ice Cream or the Rich Strawberry Ice Cream.

# FRUIT ICE CREAMS

## **RICH STRAWBERRY ICE CREAM**

This is a basic, simple recipe for a fruit ice cream. Substitute any other soft fruit for the strawberries but remember to taste the mixture for sweetness before freezing.

1 lb (500 g) ripe strawberries - 1/2 pint (300 ml) double cream - 4 oz (100 g) caster sugar - Juice of a lemon.

Mash the strawberries or puree them in a liquidiser or processor. Mix the sugar, cream and lemon juice into the puree.

(Makes approximately 1 1/4 pints mixture)

## **STORE CUPBOARD STRAWBERRY ICE CREAM**

1 lb (500 g) strawberries, fresh, frozen or tinned - 1 x 14 oz (400 g) can evaporated milk - 4 oz (100 g) icing sugar - Juice of a lemon.

Chill the can of evaporated milk overnight or for several hours. If frozen, defrost the strawberries then add the lemon juice and mash them or puree them in a liquidiser or food processor. Beat the chilled milk until thick, stir in the sugar and strawberry puree. (Note: this ice cream can be made with other fruits, try mangoes or raspberries or lightly stewed damsons). (Makes approximately 1 1/2 pints mixture)

## **RASPBERRY AND YOGHURT ICE CREAM**

8 oz (250 g) raspberries - 4 oz (100 g) caster sugar - 1/2 pint (300 ml) yoghurt.

You can use frozen raspberries, but defrost them. Mash the raspberries or puree them in a liquidiser or food processor and if you like a smooth ice cream sieve out the pips. Mix the sugar and yoghurt into the puree.

(Makes 3/4 to one pint mixture)

## **BLACKCURRANT ICE CREAM**

1 lb (500 g) blackcurrants - 5 oz (150 g) sugar - 1 pint (600 ml) whipping or double cream 4 tablespoons Crème de Cassis (optional).

Put the picked over and washed fruit in a saucepan with the sugar and three or four tablespoons of water. Set the pan over a low heat and gently stew the blackcurrants until they are soft. Puree them, (this is easiest in a liquidiser or food processor) then sieve out the pips and leave until cold. Stir in the cream, and if you are using it, crème de cassis. (Makes up to 1 1/2 pints of mixture)

### **RASPBERRY AND REDCURRANT ICE CREAM WITH SOFT CHEESE**

8 oz (250 g) raspberries - 4 oz (100 g) redcurrants - 3 oz (75 g) sugar - 4 oz (100 g) soft cheese - 8 fl oz (250 ml) milk.

Gently stew the redcurrants with the sugar and 3 fl oz (75 ml) water. When they are soft puree both the redcurrants and the raspberries and strain the puree to remove the pips. Put the cheese in a bowl and gradually beat in the milk. When it has amalgamated stir in the fruit puree. (Makes up to 1 pint mixture)

### **PINEAPPLE ICE CREAM**

1 x 8 oz (250 g) tin pineapple pieces - 1/2 pint (300 ml) double or single cream - 1 teaspoon vanilla essence.

Puree the contents of the tin in a liquidiser or food processor. If you like very smooth ice creams you can then sieve the puree. Stir the puree into the cream, add the vanilla essence and check to see that sugar is not needed.

(Makes approximately 1 pint of mixture)

### **LIGHT LEMON ICE CREAM**

Grated zest and juice of 3 large lemons - 6 oz (175 g) caster sugar - 2 egg whites - 1/2 pint (300 ml) double cream.

Put the lemon zest and juice, the sugar and 1/4 pint (150 ml) water into a saucepan and heat gently, stirring constantly until the sugar has dissolved. Bring to the boil and simmer for five minutes, or until you have a light syrup. Lightly whisk the egg whites and, whisking all the time, pour in the still hot syrup. Leave until cold, stir in the cream.

(Makes approximately 1 pint)

### **PEACH AND SOUR CREAM ICE CREAM**

2 large ripe peaches - 3 egg yolks - 4 oz (100g) caster sugar - 1/4 pint (150 ml) milk - 1/4 pint (150 ml) sour cream - Zest and Juice of 1/2 an orange - 2 tablespoons Grand Marnier or Orange Brandy (optional).

Using the egg yolks, sugar and milk, make a custard as given for the Vanilla Ice Cream and leave it until it is cold. Peel the peaches and mash them or puree them in a liquidiser or food processor. Stir the orange juice and zest and, if you are using it, the liqueur into the peach puree. Beat the soured cream until smooth and stir both it and the custard into the fruit.

(Makes approximately 1 1/2 pints)

# SORBETS

Sorbets are simply a sugar syrup mixed with fruit juice or pureed fruit. The orange sorbet given below is a basic recipe and can easily be altered to suit whatever flavour you wish to use. You can lighten the mixture with the addition of a little egg white (See the Citrus Sorbet recipe) and, if you are going to store the sorbet, this will help it to keep and not turn into a block of ice. You can also add a little gelatine (as given in the Strawberry Sorbet) which will mean that when it is taken from the machine or freezer it will hold its shape better and not run away so quickly.

## ORANGE SORBET

8 oz (250 g) granulated sugar - 3/4 pint (450 ml) water - 1/2 pint (300 ml) fresh orange juice - Zest of two oranges - Juice of a lemon.

Combine the sugar, water and orange zest in a saucepan. Set it over a gentle heat and stir frequently until the sugar has melted. Bring to the boil and boil for 5-8 minutes or until you have a light syrup (230°F 110 °C) then remove from the heat and leave until it is cold. Stir in the orange and lemon juices and turn it into the ice cream maker.

(Makes approximately 1 pint)

## LEMON SORBET

Follow the same recipe, using the zest of one lemon instead of two oranges. As lemon juice is very sour, you may need less than 1/2 a pint (300ml), so taste it carefully before freezing.

(Makes approximately 1 1/4 pints)

## CITRUS SORBET

Grated zest and juice of 1 grapefruit (preferably a pink one) - Grated zest and juice of 1 lemon - Grated zest of 1 orange - Juice of 2 oranges - 6 oz granulated sugar - 3/4 pint (450 ml) water - 2 small or 1 large egg white.

Follow the instructions for the Orange Sorbet and make a syrup with the sugar and water with the addition of the zest of the fruits. When the syrup has cooled, add the juices and pour it into the ice cream maker. When the sorbet starts to freeze and thicken, add the egg whites, so that they are incorporated and whisked into the syrup for the last 10 minutes of freezing time.

(Makes approximately 1 1/4 pints of mixture)

### TROPICAL SORBET

2 large, ripe mangoes - 5 oz (150 g) granulated sugar - 1/2 pint (300 ml) water - Juice of a lime or 1/2 a lemon - 1 egg white.

Make a syrup with the sugar and water (as given in the recipe for Orange Sorbet) and when it has cooled, add the pureed mango flesh and the lime or lemon juice. Turn into the ice cream maker and follow the instructions for the Citrus Sorbet for adding the egg white other tropical fruits that make good sorbets are Kiwi Fruit, Paw Paw or fresh or tinned Lychees. (Makes up to 1 pint of mixture)

### STRAWBERRY SORBET

1 lb (500 g) fresh or un-sugared frozen strawberries (defrosted) - 4 oz (100 g) granulated sugar - 1/2 pint (300 ml) water - Juice of 1/2 a lemon - 1/2 a packet of powdered gelatine - 1 egg white. (optional)

Make a syrup, as for the Orange Sorbet, with the sugar and water. While the syrup is cooling mash the strawberries or puree them in a liquidiser or food processor and strain or sieve them to eliminate the pips. Stir the strawberry puree into the sugar syrup together with the lemon juice and the gelatine, which has been melted in a small bowl in two tablespoons of water over a pan of boiling water. If you want a larger quantity of light sorbet, follow the instructions for Citrus Sorbet before adding the egg white.

(Makes approximately 1 pint of mixture)

### WHITE WINE SORBET

8 oz granulated sugar - 6 fl oz (175 ml) water - Zest and juice of a lemon - 1/2 pint (300 ml) sweet white wine - 2 small or 1 large egg white - packet gelatine (optional)

Follow the recipe for the Orange Sorbet to make a syrup with the sugar, water and lemon zest. (If you like a very smooth sorbet, strain out the lemon zest when the syrup has cooled). Add the lemon juice, the wine and the melted gelatine, if you are using it (see instructions for Strawberry Sorbet above) to the cold syrup and pour it all into the ice cream maker. As it starts to freeze add the egg white; see the recipe for the Citrus Sorbet.

(Makes 3/4 - 1 pint of mixture)

### TOMATO SORBET

1 pint (600 ml) tomato juice - Juice of 2 lemons - 1 dessertspoonful Worcester sauce - Few drops Tabasco sauce (optional) - 1 dessertspoonful sugar - Salt and pepper - 4 fl oz (125 ml) Vodka (optional) - 2 egg whites.

Mix together all the ingredients, tasting carefully to achieve the seasoning that you like. The finished sorbet will be light and fluffy and is good served in scoops on a bed of lettuce leaves, decorated with a few prawns.

(Makes 1 1/4 pints of mixture)

# CHILDRENS SECTION

## QUICK VANILLA ICE CREAM

1 small tin condensed milk – 1/2 pint (300 ml) single cream - 1 1/2 teaspoons vanilla essence.

Beat all the ingredients together.

(Makes between 3/4 and 1 pint of mixture)

## CHOCOLATE ICE CREAM

1 large can condensed milk – 1/2 pint (300 ml) milk - 5 tablespoons cocoa.

Dissolve the cocoa in a little very hot water then beat it into the condensed milk and the milk. (Makes over 1 pint of mixture)

## BANANA ICE CREAM

3 very ripe bananas - 4 oz (100 g) sugar - 3/4 pint (450 ml) milk or cream or a mixture. Mash the bananas until they are smooth. Beat in the sugar and milk or cream. (Makes approximately 1 1/4 pints of mixture)

## FROZEN FRUIT YOGHURTS

4 tubs flavoured fruit yoghurt.

Turn the yoghurt directly into the ice cream maker.

## TOFFEE SAUCE

2 oz (50 g) butter - 2 oz (50 g) brown sugar - 2 tablespoons golden syrup - 1/4 pint (150 ml) single cream or milk.

Put the butter, sugar and golden syrup into a saucepan and heat gently, stirring, until the butter and sugar have melted. Bring to the boil and boil hard for 3-5 minutes. Let it cool slightly, stir in the cream or milk and while still hot pour it over the ice cream.