

To Make Fruit Ice-Creams

Ingredients

To every pint of fruit-juice allow 1 pint of cream; sugar to taste.

Method

Let the fruit be well ripened; pick it off the stalks, and put it into a large earthen pan. Stir it about with a wooden spoon, breaking it until it is well mashed; then, with the back of the spoon, rub it through a hair sieve. Sweeten it nicely with pounded sugar; whip the cream for a few minutes, add it to the fruit, and whisk the whole again for another 5 minutes. Put the mixture into the freezing-pot, and freeze in the same manner as directed for Ice Pudding, No. 1290, taking care to stir the cream, &c., two or three times, and to remove it from the sides of the vessel, that the mixture may be equally frozen and smooth. Ices are usually served in glasses, but if moulded, as they sometimes are for dessert, must have a small quantity of melted isinglass added to them, to enable them to keep their shape. Raspberry, strawberry, currant, and all fruit ice-creams, are made in the same manner. A little pounded sugar sprinkled over the fruit before it is mashed assists to extract the juice. In winter, when fresh fruit is not obtainable, a little jam may be substituted for it: it should be melted and worked through a sieve before being added to the whipped cream; and if the colour should not be good, a little prepared cochineal or beetroot may be put in to improve its appearance.

Source: Mrs Beeton's Book of Household Management (1861)

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