

To Make Fruit-Water Ices

Ingredients

To every pint of fruit-juice allow 1 pint of syrup made by recipe No. 1513. [Illustration: DISH OF ICES.]

Method

Select nice ripe fruit; pick off the stalks, and put it into a large earthen pan, with a little pounded sugar strewed over; stir it about with a wooden spoon until it is well broken, then rub it through a hair sieve. Make the syrup by recipe No. 1513, omitting the white of the egg; let it cool, add the fruit-juice, mix well together, and put the mixture into the freezing-pot. Proceed as directed for Ice Puddings, No. 1290, and when the mixture is equally frozen, put it into small glasses. Raspberry, strawberry, currant, and other fresh-fruit-water ices, are made in the same manner.

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

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