

BLACKCURRANT ICE CREAM



This Recipe comes from Charlotte Copas who is passionate about cooking and enjoys trying new recipes using fresh farm produce she picks with her children.

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I love this recipe as it does not need the blackcurrants to be topped and tailed. It is quick and you get a beautiful, smooth, purple, very scrummy ice cream. This never lasts long in our freezer—it is my husband's favourite!

WHAT YOU NEED

450g blackcurrants

150g caster sugar

350ml double cream

WHAT TO DO

1. Place the blackcurrants in a saucepan with 150ml water and the sugar.
2. Heat over a low heat until the blackcurrants are soft.
3. Pour into a sieve placed over a large bowl. Using the back of a spoon press the blackcurrants to get as much juice out of them as possible.
4. Whip the cream until just firm.
5. Fold the blackcurrant puree into the cream.
6. EITHER use an ice cream machine to make into ice cream OR pour into a container, cover and freeze. Beat twice at hourly intervals then freeze until firm.

Use freshly picked blackcurrants from The Fruit Fields Pick Your Own for this Recipe. You can call the 24-Message Line Numbers for the Farms for details on opening hours and produce availability:

- ◆ Calves Lane Farm, Iver: (01753) 652727
- ◆ Lower Mount Farm, Cookham: (01628) 529511