

Strawberry Ice Cream



This recipe is really easy – you just have to remember to make it ahead of time to allow enough time for it to freeze. If it becomes thoroughly frozen after a few days in the freezer, let it sit at room temperature for 15 minutes to defrost slightly before using it. The leftover egg whites freeze very well in a small lock-top container – you can then save them up for Fluffy Bread (page 196) or our delicious WTF? Pavlova (page 272).

Serves	4–6	Per serve	
Prep time	15 minutes	Carbs	5.0 g
Cook time	10 minutes	Protein	3.9 g
Freezing time	2 hours	Fat	28.7 g
Difficulty	●●●	Energy	294 Cal

INGREDIENTS

250 g punnet strawberries,
quartered (or 1½ cups
frozen mixed berries)
1 cup cream
3 egg yolks
½ cup mascarpone cheese
picked mint leaves (optional)
1–2 tbsp Natvia (or equivalent
sweetener) to taste

METHOD

Put the strawberries (or other berries, once defrosted) in a pot with the cream. Bring just to the boil over a medium heat and simmer, stirring, for 5–6 minutes until the cream begins to thicken slightly.

Transfer the contents of the pot to a jug. While it is still very hot, begin to blend it with a hand-held blender, then add the egg yolks and blend in. Continue blending while you add the mascarpone, mint (if using) and Natvia. You can also use a blender machine as long as it’s safe for blending hot liquids (smoothie blenders often aren’t).

Transfer the mixture to ice cube trays or into a tub with a well-fitting lid. Place in the freezer and freeze for at least 2 hours. It will keep in the freezer for up to 1 month.

VARIATION

- For a different texture, add some fresh chopped berries to the mixture before freezing it.

