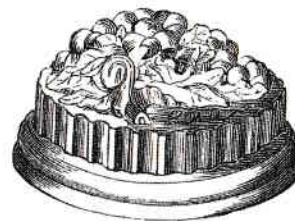


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Ices and Ice Creams

Agnes B. Marshall



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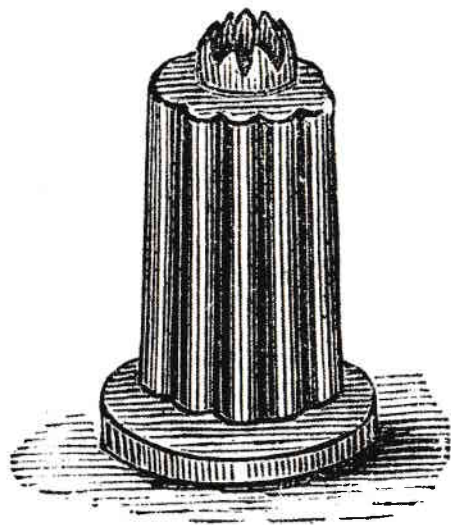


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HINTS ON MAKING ICES



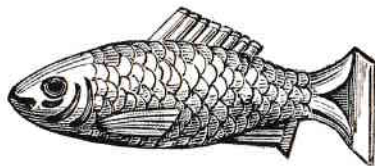
1. Too much sugar will prevent the ice from freezing properly.
2. Too little sugar will cause the ice to freeze hard and rocky.
3. If the ices are to be moulded, freeze them in the freezer to the consistency of a thick batter before putting them in the moulds.
4. If they are to be served unmoulded, freeze them drier and firmer.
5. Broken ice alone is not sufficient to freeze or mould the ices; 8 parts rough ice to 1 part rock salt must be used.
6. Fruit ices will require to be coloured according to the fruit.
7. When dishing up ices, whether in a pile or moulded, it will be found advantageous to dish them up on a napkin, as that will not conduct the heat to the bottom of them so quickly as the dish would.

MOULDING AND KEEPING ICES.

Fill your mould with the frozen cream from the freezer, and see that it is well pressed or shaken into the mould. Place the mould for 1½ to 2 hours in the freezer; examine from time to time if you wish. When you desire to turn the ice out of the mould, dip the mould for an instant in cold water and turn it out as you would a jelly. If you put the ice, when turned out, back into the freezer and shut the door, it will keep its shape for many hours, so that ices can be prepared long before actually required; they have thus been kept from one day to another.

ICE MOULDS AND MOULDING.

These are to be had in almost endless variety. In using ice moulds, great taste and novelty can be exercised in dishing up, and they afford to the cook the opportunity of making some of the prettiest dishes it is possible to send to the table.



CUSTARDS FOR CREAM ICES



Never allow the *custard to boil*, or it will curdle.

Always add the flavouring when the custard is cooled, unless otherwise stated.

1. Very Rich

570ml (2½ cups) single (light) cream

115g (½ cup) caster (granulated) sugar

7 egg yolks

¼ tsp vanilla essence

285g (1¼ cups) whipped cream (175ml / ¾ cup unwhipped),
optional

Put the cream in a pan over the fire, and let it come to the boil. Allow to cool slightly and then pour it on to the sugar and yolks in a basin and mix well. Return it to the pan and keep it stirred over the fire till it thickens and clings well to the spoon, but do not let it boil; then pass it through a tammy, or hair

sieve, or strainer. Let it cool; add vanilla or other flavour, and freeze. Mould if desired. When partly frozen, slightly sweetened whipped cream may be added.

2. Ordinary

570ml (2½ cups) milk or milk and single (light) cream
 115g (½ cup) caster (granulated) sugar
 7 egg yolks

Prepare this as in the above recipe. Flavour and freeze. This can be improved by using half milk and half cream instead of all milk.

3. Common

570ml (2½ cups) milk
 115g (½ cup) caster (granulated) sugar
 2 eggs, well beaten
 1 tsp (½ tbsp) powdered gelatine, soaked for 5 minutes in
 50ml (¼ cup) cold milk

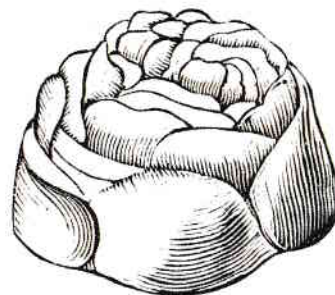
Put these in a pan and stir over the fire to *nearly* boiling. Remove it from the fire and stir in the gelatine. When the gelatine is

dissolved, pass it through the tammy, or hair sieve, or strainer. Flavour and freeze as above.

4. Cheap

570ml (2½ cups) milk
 115g (½ cup) caster (granulated) sugar
 2½ tsp cornflour (corn starch) or arrowroot

Boil the cornflour (corn starch) in the milk with the sugar. Finish as for the other custards.



CREAM ICES



5. PLAIN CREAM ICE (*Crème Glacée*)

570ml (2½ cups) single (light) cream
115g (½ cup) caster (granulated) sugar

Mix and freeze dry.

This can be served in the centre of a compote of fruits, or with fresh fruits arranged round it; or the fruits and the cream can be served on separate dishes.

6. CREAM ICES MADE FROM JAMS

As jams vary exceedingly in the amount of sugar they contain, it is most necessary that this be taken into consideration to ensure success. The following recipe is for jams of average sweetness.

570ml (2½ cups) milk
7 egg yolks
150g (½ cup plus 2 tbsp) jam
285g (1¼ cups) whipped cream (175ml / ¾ cup unwhipped)
sweetened with ½ tsp caster (granulated) sugar
food colouring to match fruit

Boil the milk and allow it to cool slightly, then mix it into 7 raw yolks of eggs, put this in a pan and stir over the fire until it thickens, then add the jam and pass through the tammy or hair sieve. When cool freeze, and when partly frozen add the sweetened whipped cream. Colour the custard with a little red, green, or yellow colour according to fruit.

7. Another way

150g (½ cup plus 2 tbsp) jam
juice of 1 lemon
570ml (2½ cups) single (light) cream

Take the jam as above, and the juice of 1 lemon and the cream; pass through the tammy or sieve, and freeze. Colour according to fruit.

8. CREAM ICES MADE FROM FRUIT AND LIQUEUR SYRUPS

The syrups made by different manufacturers vary much in strength.

285ml (1¼ cups) unsweetened custard (Nos. 1–4)
4 tbsp (⅓ cup) fruit syrup

Make a custard as in Nos. 1, 2, 3, or 4, without sugar, and add syrup to it, and freeze. Mould or serve in a pile.

9. Another way: very simple

4 tbsp (⅓ cup) fruit syrup
285ml (1¼ cups) single (light) cream or milk

Add fruit or liqueur syrup to cream or milk. Freeze. Mould or serve in a pile.

CREAM ICES MADE FROM RIPE FRUITS, ETC

10. Almond or Orgeat Cream Ice (*Crème d'Amandes**)

* The French names can be written in either of the following forms, as for Vanilla Cream Ice: *Crème à la Vanille*, *Crème de Vanille* and the word 'glacée' may be added; or *Glace à la Vanille*.

225g (½lb) almonds
3 or 4 drops bitter-almond flavouring or ¼ tsp almond essence
1 tsp orange flower water
570ml (2½ cups) tepid milk or single (light) cream
(or half of each)
115g (½ cup) caster (granulated) sugar
570ml (2½ cups) custard (Nos. 1–4) or
sweetened cream (No. 5)

Blanch, peel, and pound the almonds. During the pounding add a teaspoonful of orange flower water and the essence of almonds, and the tepid milk or cream (or half milk and half

cream). Sweeten with the sugar, and add to the custard or sweetened cream. Freeze and serve in a pile on a napkin or mould it.

11. Apple Cream Ice (*Crème de Pommes*)

900g (2lb) apples

285ml (1¼ cups) water

1-cm (½-in) cinnamon stick

peel of ½ lemon

juice of 1 lemon

170g (¾ cup) sugar

570ml (2½ cups) custard (Nos. 1–4) or
sweetened cream (No. 5)

Peel and cut the apples, put them on the stove in the water with a little piece of cinnamon, the peel of half a lemon, the juice of one, and the sugar. Cook quickly until reduced to a purée, then pass through a tammy cloth or hair sieve (or blend), and mix it with the sweetened cream or custard. Freeze and serve as for previous recipe.

12. Apricot Cream Ice (*Crème d'Abricots*)

12 apricots, cracked (see page 114)

280ml (1¼ cups) water

115g (½ cup) caster (granulated) sugar

¼ tsp yellow food colouring

½ tsp vanilla essence

850ml (3¾ cups) custard (Nos. 1–4, increased by half) or
cream (No. 5, increased by half)

Cut the apricots in halves, crack the stones and take out the kernels, and put them to cook with the water and sugar. When tender mix a little yellow colouring with the fruit and a few drops of vanilla, and pass through the tammy cloth or hair sieve. Add this purée to the custard or sweetened cream. Freeze and finish as for previous recipes.

