

TRUfree

Wheat
& Gluten
free

Custard Creams Ice Cream

This is a fantastic ice-cream and possible to make with or without an ice-cream machine, serve with the fruits of your choice and you have a fabulous easy dessert. If you wish you could put broken bourbon biscuits in instead of the custard creams to give a two tone colour.



Serves 4-6

10 minutes

5-6 Hours*

***Please note:** hands on is required every hour half to 2 hrs if no ice-cream maker

Ingredients

115g (4oz) granulated sugar
150ml (1/4 pt) water
300ml (1/2 pt) double cream, lightly whipped
500g carton vanilla custard
100g Trufree custard creams, broken into small pieces

Method

First make the sugar syrup: in a small pan, dissolve the sugar in the water and bring slowly to the boil, then simmer until the sugar has completely dissolved, approximately 3 minutes.

Remove from the heat and leave to cool, and then chill thoroughly preferably in the freezer for 1 – 1 1/2 hours.

Mix the custard and lightly whipped cream together in a large bowl, then slowly whisk in the chilled sugar syrup.

To hand freeze, pour the mixture into a freezer box (or a used 2 litre ice-cream container) and freeze for 5 – 6 hours, removing from the freezer and whisking every 1 1/2 - 2 hrs with a balloon whisk or hand electric mixer.

When the ice-cream is nearly set stir in the broken Custard Creams and return to the freezer until required.

If using a ice-cream maker, pour the yoghurt mixture into the bowl of the machine and churn until thick and almost frozen. Add the Custard Creams and then transfer to the freezer until needed.



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Nutrition Point Ltd, Station Court, 442 Stockport Road, Warrington, England WA4 2GW

TRUfree Careline: 0800 954 1982 (lo-call rate) Open 9am - 5pm, Mon to Fri | Email: info@trufree.co.uk