

# Chef

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# ice cream & creamy desserts





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Published by:  
STANDARD INTERNATIONAL PRINT GROUP  
www.stndpub.com  
eMail:sales@stndpub.com  
Tel: +1 (954) 580-6662  
©Standard International Print Group

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**ISBN:** 9781600815188

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Publication Date 2019

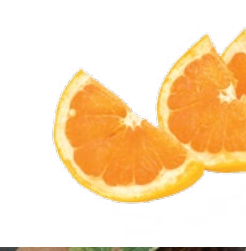


## introduction

Ice cream is one of the most iconic desserts of all time. You can have it anywhere, the amounts of flavors are endless, and absolutely everyone loves it. From vanilla and chocolate, to cherry and zabaglione, here you will discover an unbelievably creamy collection of classic and exciting ice creams, mousses, frozen terrines, and other lusciously smooth treats.



# ice cream & creamy desserts



## Tips & Tricks

- Always refrigerate the ice cream mixture before beginning the freezing process. You should chill your custard overnight to 40°F before pouring it into the ice-cream maker.
- Remember to freeze the canister or bowl of your ice-cream maker 24 hours in advance. If you store it in a plastic bag in the freezer, you'll always have it ready to go.
- Never overfill your ice-cream maker. If you overfill the machine, your ice cream won't freeze. Three-quarters full yields the best results.
- For low-calorie variations, substitute low-fat milk for whole milk, whole milk for half and half and evaporated skim milk for whipping cream.

- For the best flavor, add extracts such as vanilla, maple and almond, after the mixture has chilled but before you start the ice-cream maker.
- Add solid ingredients, like nuts, cookie pieces and chocolate chips, after the freezing process and before storing the ice cream in the freezer to harden.
- Store ice cream in small, shallow containers for a better consistency. Cover the surface with a layer of plastic wrap to minimize the formation of ice crystals.
- Homemade ice cream keeps well for up to five days. Try to make only as much as you can eat for four to five days. After that, ice cream tends to lose its texture and flavor.

## Difficulty scale

■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

# french vanilla

## ice milk base

■ ■ □ | Cooking time: 8 minutes - Preparation time: 30 minutes

### ingredients

- > 4¼ cups/960 ml/1½ pt skim milk
- > ¾ cup/185 g/6 oz sugar
- > 2 vanilla beans or 2 tablespoons vanilla extract
- > 2 egg yolks

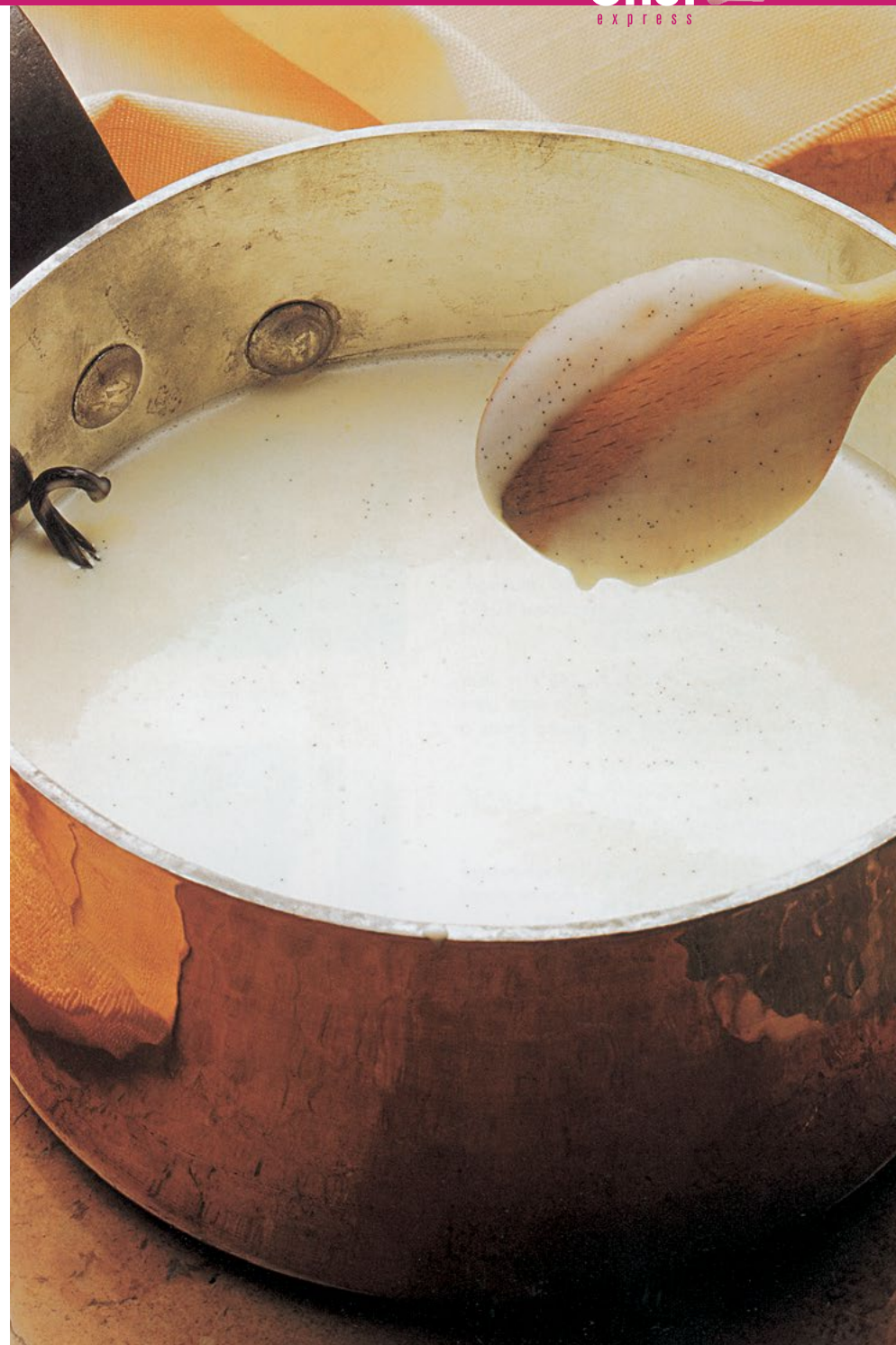
### method

1. In a heavy-based saucepan, heat milk, sugar, and vanilla bean. (If you are using vanilla extract, do not add it until step 4). Stir occasionally until sugar is dissolved and the mixture is hot but not boiling.
2. Whisk egg yolks together in a bowl. Continue whisking and very slowly pour in approximately 1 cup/250 ml/8 oz of the milk mixture. When smooth, pour back into the pan.
3. Whisk constantly over low heat until the mixture thickens slightly and coats the back of a spoon (about 5 minutes). Take care that the mixture doesn't boil, or it will curdle. Draw your finger across the back of the coated spoon. If the line you make remains, the custard is done.
4. Remove vanilla bean; or, if you're using vanilla extract, add it at this stage.
5. Strain into a clean bowl and cool thoroughly.
6. Transfer to an ice cream machine and freeze according to manufacturer's instructions.

.....  
 Makes approximately 4 cups/900 ml/32 fl oz

### tip from the chef

*This recipe produces consistently excellent flavor and texture. Experiment to find which combination of ingredients is most appealing to your palate. Vanilla beans will give a richer flavor than extract.*



# rocky

## road ice cream

■ □ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

### method

1. Place ice cream in a large mixing bowl, fold in Turkish delight, peanut bars, pink and white marshmallows, red and green cherries and coconut.
2. Spoon mixture into a freezerproof container, cover and freeze until firm.
3. To serve, place scoops of ice cream into bowls.

.....  
Serves 6

### ingredients

- > 1 liter/1¾ pt vanilla ice cream, softened
- > 2 x 60 g/2 oz chocolate-coated Turkish delight bars, chopped
- > 2 x 45 g/1½ oz chocolate-coated scorched peanut bars, chopped
- > 10 pink marshmallows, chopped
- > 5 white marshmallows, chopped
- > 6 red glacé cherries, chopped
- > 6 green glacé cherries, chopped
- > 4 tablespoons shredded coconut, toasted

### tip from the chef

*Serving suggestion: accompany with wafers. This ice cream is ideal for kids and will delight adults as well.*



# almond baskets

■ ■ □ | Cooking time: 6 minutes - Preparation time: 20 minutes

## ingredients

- > 1 egg white
- > 4 tablespoons icing sugar, sifted
- > ½ teaspoon vanilla essence
- > 2 tablespoons butter, melted
- > 2 tablespoons ground almonds
- > 4 tablespoons flour, sifted
- > vanilla ice cream
- > caramel topping
- > ¼ cup chopped almonds

## method

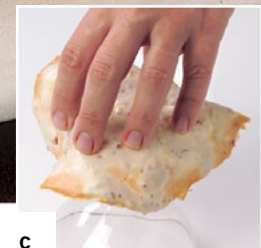
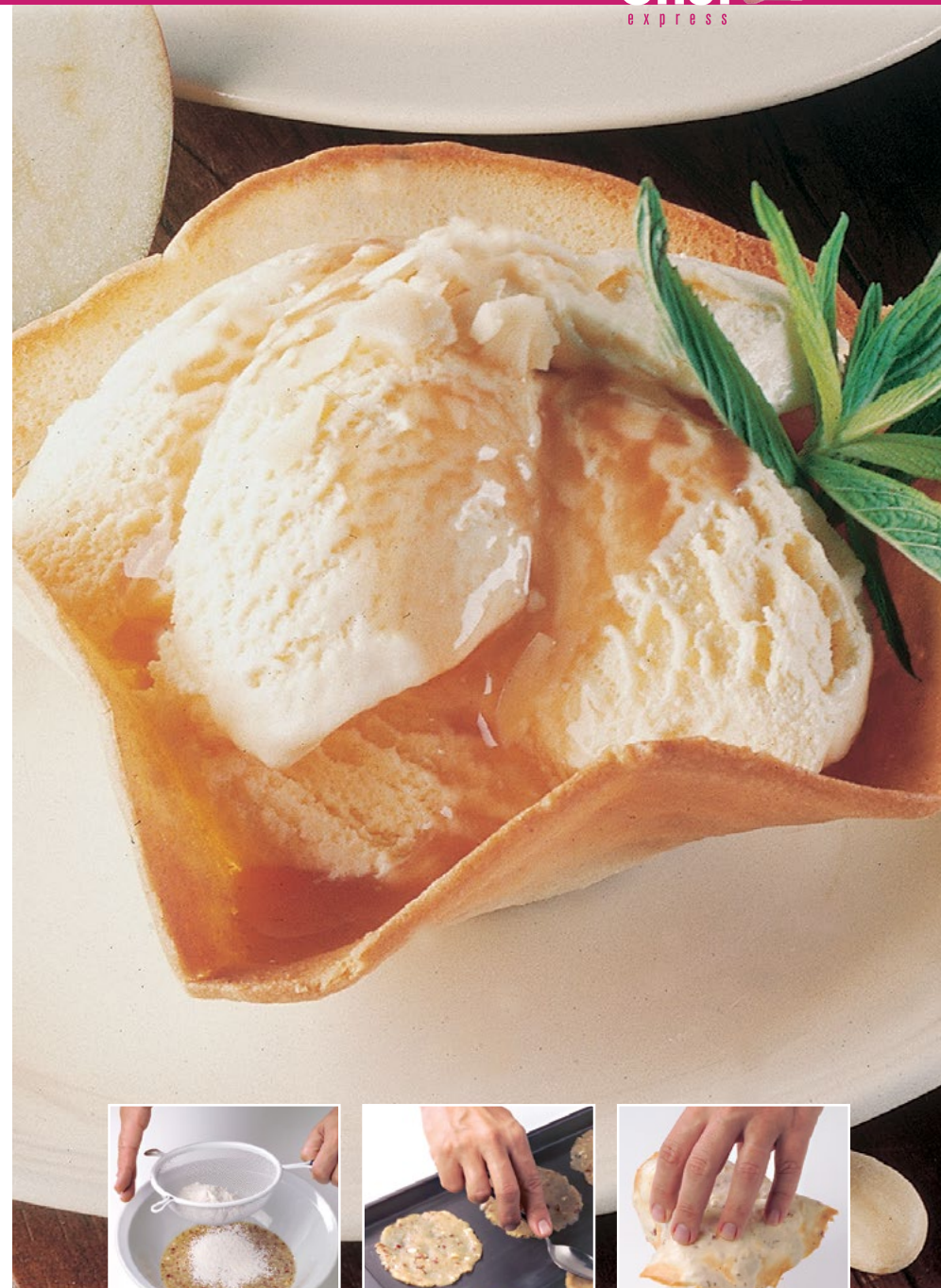
1. Beat egg white with a fork until foamy. Gradually stir in icing sugar, vanilla essence, butter and almonds. Fold in flour (a).
2. Lightly grease baking trays. Mark 15 cm/6 in circles, using a saucer as a guide. Drop spoonfuls of mixture into circles; spread to fill circles (b). Bake at 220°C/425°F/Gas 7 for 5-6 minutes, or until cookies are light brown around edges.
3. Lift cookies quickly from trays. Carefully place cookies over upside-down small glasses or jars (c), to shape baskets around bottom. Hold until firm (this will take about 1 minute).
4. When cool, place a scoop of ice cream into each basket, pour caramel topping over, sprinkle with chopped almonds and serve.

.....  
Serves 4



## tip from the chef

*Any filling such as fresh berries can be used with this delicious recipe. Fill and serve immediately to prevent biscuit softening.*



a

b

c

# chocolate brownie torte

■ □ □ | Cooking time: 20 minutes - Preparation time: 25 minutes

## method

1. Place 125 g/4 oz chocolate and butter in a heatproof bowl over a saucepan of simmering water and heat, stirring, for 5 minutes or until chocolate melts and mixture is smooth.
2. Place sugar, egg and vanilla essence in a bowl and beat until mixture is thick and creamy. Beat in chocolate mixture, then fold in almonds, flour and remaining chocolate pieces. Spoon mixture into a lightly greased and lined 20 cm/8 in sandwich tin and bake at 180°C/350°F/Gas 4 for 15-20 minutes or until cooked when tested with a skewer. Turn onto a wire rack and cool for 5-10 minutes before serving.
3. To serve, cut warm brownie into wedges and accompany with a scoop of ice cream - coffee-flavored ice cream is a delicious accompaniment for this dessert.

## ingredients

- > 185 g/6 oz dark chocolate, roughly chopped
- > 45 g/1½ oz butter, chopped
- > ¼ cup/60 g/2 oz caster sugar
- > 1 egg
- > ½ teaspoon vanilla essence
- > 60 g/2 oz slivered almonds
- > ¼ cup/30 g/1 oz flour
- > 6 scoops ice cream, flavor of your choice

.....  
Serves 6

## tip from the chef

*Chocolate melts more rapidly if broken into small pieces. The melting process should occur slowly, as chocolate scorches if overheated. The container in which chocolate is being melted should be kept uncovered and completely dry. Covering could cause condensation and just one drop of water will ruin the chocolate.*



# frozen zabaglione

■ ■ □ | Cooking time: 5 minutes - Preparation time: 25 minutes

## ingredients

- > 5 egg yolks
- > 125 g/4 oz caster sugar
- > 2 tablespoons rum
- > 2 tablespoons cognac
- > 4 tablespoons dry marsala
- > 250 ml/8 fl oz double cream, lightly whipped
- > 4 egg whites
- > 125 g/4 oz icing sugar
- > 2 teaspoons instant coffee dissolved in 1 tablespoon water
- > 60 g/2 oz dark chocolate, grated

## method

1. Place egg yolks and sugar in a heatproof bowl and beat until mixture is pale and thick and forms a ribbon.
2. Combine rum, cognac and marsala and gradually whisk into egg yolk mixture. Place bowl over simmering water and whisk until mixture becomes soft and foamy. Remove from heat and set aside to cool. Fold cream into egg mixture.
3. Beat egg whites until soft peaks form, gradually add icing sugar and continue beating until combined. Fold 2 tablespoons egg whites mixture into egg yolk mixture, then gently fold into remaining egg whites mixture.
4. Place one-third mixture in a bowl and stir in coffee. Fold chocolate into remaining mixture.
5. Spoon half chocolate mixture into a 10 x 25 cm/4 x 10 in loaf tin lined with foil, smooth top with a spatula and freeze until firm. Spoon coffee mixture over, level with a spatula and return to freezer until firm. Spread remaining chocolate mixture over, level with a spatula and return to freezer. Freeze overnight.

.....  
Serves 6

## tip from the chef

*This rich version of zabaglione is flavored with rum, cognac, coffee and chocolate in addition to the classic marsala.*



# honey

## vanilla ice-cream

■□□ | Cooking time: 10 minutes - Preparation time: 10 minutes

### method

1. Mix egg yolks with honey and vanilla in a double saucepan over simmering water. Add milk and whisk for about 8 minutes until mixture thickens slightly. Pour mixture into ice-cream maker and freeze according to instructions.
2. If no ice-cream maker is available, freeze mixture for 1 hour, remove from freezer, beat with electric mixer, return to freezer. Repeat this process every hour for 3 hours. Freeze until ready to serve.
3. Garnish with strawberries if desired.

### ingredients

- > 5 egg yolks
- > 2 tablespoons honey
- > 1 teaspoon vanilla essence
- > 2 cups skim milk
- > 8 strawberries, halved

.....  
Serves 4

### tip from the chef

*In order for the ice-cream to acquire a very creamy texture, mix it for a few seconds before serving.*



# yogurt orange ice cream

■■■ | Cooking time: 0 minutes - Preparation time: several hours

## ingredients

- > 4 tablespoons clear honey
- > 375 ml/12 fl oz orange-flavored low fat yogurt
- > 1 tablespoon gelatin
- > 60 ml/2 fl oz hot water
- > 1 teaspoon vanilla essence
- > 2 teaspoons finely grated orange rind
- > 2 tablespoons freshly squeezed orange juice
- > 2 egg whites

## method

1. Combine the honey and yogurt in a large bowl (a); mix well. Dissolve gelatin in the water (b). Cool slightly, then stir into yogurt mixture (c).
2. Line a loaf tin with cling film. Spoon yogurt mixture into the tin, cover and freeze for 3 hours.
3. Beat the frozen mixture in a large bowl until doubled in bulk. Beat in the vanilla, orange rind and juice.
4. Whisk the egg whites to soft peaks in a separate, grease-free bowl. Fold into the yogurt ice, return the mixture to the loaf tin, cover and freeze until solid. Soften slightly before serving with fresh fruit.

.....  
Serves 6-8



## tip from the chef

*A deliciously surprising ice cream can be made if saffron tea is used instead of orange juice.*



a

b

c



# nougat tartufo

■□□ | Cooking time: 0 minutes - Preparation time: 15 minutes

## method

1. Place nougat, hazelnuts, almonds, chocolate, ice cream and honey in a bowl and mix carefully to combine.
2. Spoon ice cream mixture into eight 1 cup/250 ml/8 fl oz capacity chilled aluminum molds lined with plastic food wrap and freeze for 1 hour.
3. Remove molds from freezer and unmold. Roll ice cream in coconut. Place on a tray lined with plastic food wrap, cover and freeze until required.

## ingredients

- > 200 g/6½ oz nougat, chopped
- > 60 g/2 oz hazelnuts, toasted and chopped
- > 60 g/2 oz slivered almonds, toasted
- > 200 g/6½ oz dark or milk chocolate, chopped
- > 2 liters/3½ pt vanilla ice cream, softened
- > 3 tablespoons honey
- > ½ cup/45 g/1 ½ oz shredded coconut, toasted

.....  
Serves 8

## tip from the chef

*To toast nuts, place them in a single layer on a baking tray and bake at 180°C/350°F/Gas 4 for 10-15 minutes or until golden. Turn them several times during cooking. Set aside to cool.*



# vanilla

## ice-cream

■ □ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

### ingredients

- > ½ cup caster sugar
- > ½ cup water
- > 1 teaspoon gelatin
- > 2/3 cup milk powder
- > 2 cups milk
- > 1 teaspoon white vinegar
- > 2 teaspoons vanilla essence

### method

1. Combine sugar and water in small saucepan, add gelatin, stir constantly over heat without boiling until sugar and gelatin are dissolved.
2. Transfer mixture to bowl, whisk in milk powder, then gradually beat in milk with electric mixer.
3. Pour into 2 lamington tins; cover with foil, freeze for about 1 hour or until almost set.
4. Transfer mixture to large bowl, add vinegar and essence, beat with electric mixer until thick and creamy. Return to lamington tins, cover, freeze for about 3 hours or overnight.

.....  
 Makes about 1½ liters/6 cups



### tip from the chef

*Great for ice-cream cones.*



# new orleans-style bananas



■ □ □ | Cooking time: 10 minutes - Preparation time: 10 minutes

## method

1. Melt butter in a heavy-based frying pan over a medium heat, add sugar and cinnamon and cook, stirring, until sugar melts and mixture is combined.
2. Stir in liqueur or orange juice and half the rum and cook for 5 minutes or until mixture is thick and syrupy.
3. Add bananas and toss to coat with syrup. Add remaining rum, swirl pan and ignite immediately. Baste bananas with sauce until flame goes out.
4. To serve, divide bananas and ice cream between serving plates and drizzle sauce from pan over ice cream. Serve immediately.

## ingredients

- > 60 g/2 oz unsalted butter
- > 1/3 cup/60 g/2 oz brown sugar
- > 1/2 teaspoon ground cinnamon
- > 1/4 cup/60 ml/2 fl oz banana-flavored liqueur or orange juice
- > 1/2 cup/125 ml/4 fl oz dark rum
- > 4 bananas, halved lengthwise
- > 4 scoops vanilla ice cream

.....  
Serves 4

## tip from the chef

*For a non-alcohol dessert, replace liqueur and rum with half orange and half lemon juice. If making the non-alcoholic version, you will not be able to flambé this dessert.*



# chocolate

## ice cream

■ □ □ | Cooking time: 5 minutes - Preparation time: 40 minutes

### ingredients

- > 1 cup/220g/7oz caster sugar
- > 9 egg yolks
- > ½ cup/45 g/1½ oz cocoa powder, sifted
- > 2 cups/500 ml/16 fl oz milk
- > 2½ cups/600 ml/1 pt thickened cream
- > 125 g/4 oz milk chocolate, melted

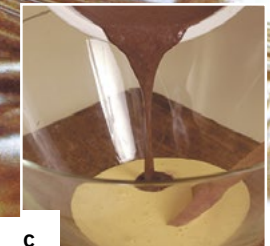
### method

1. Place sugar and egg yolks in a bowl and beat until thick and pale (a).
2. Place cocoa powder in a saucepan. Gradually stir in milk and cream and heat over a medium heat, stirring constantly, until mixture is almost boiling. Stir in chocolate (b).
3. Remove pan from heat and whisk hot milk mixture into egg mixture (c). Set aside to cool.
4. Pour mixture into a freezerproof container and freeze for 30 minutes, or until mixture begins to freeze around edges. Beat mixture until even in texture. Return to freezer and repeat beating process two more times. Freeze until solid. Alternatively, place mixture in an ice cream maker and freeze according to manufacturer's instructions.

.....  
 Makes approximately 7 cups/1750 ml/3 pt

### tip from the chef

*For true chocoholics, chopped chocolate or chocolate bits can be folded into the mixture before it freezes solid. Serve in scoops with vanilla tuiles or raspberries.*



a

b

c



# frozen

## maple nut parfait



■ ■ □ | Cooking time: 0 minutes - Preparation time: 10 minutes

### method

1. Place sugar and water in a saucepan and heat over a low heat, stirring, until sugar dissolves. Bring to the boil and boil until syrup reaches soft ball stage or 118°C/244°F on a thermometer.
2. Place egg yolks in a bowl and beat until thick and pale. Gradually beat sugar syrup and maple syrup into egg yolks and continue beating until mixture cools.
3. Beat cream in a bowl until soft peaks form. Fold cream, macadamia nuts and chocolate into egg mixture.
4. Pour mixture into an aluminum foil-lined 15 x 25 cm/6 x 10 in loaf tin and freeze for 5 hours or until firm.
5. Turn parfait onto a serving plate, remove foil, cut into slices and drizzle with maple syrup.

### ingredients

- > 1 cup/220 g/7 oz caster sugar
- > ½ cup/125 ml/4 fl oz water
- > 6 egg yolks
- > ½ cup/125 ml/4 fl oz maple syrup
- > 600 ml/1 pt double cream
- > 100 g/3½ oz macadamia nuts, finely chopped
- > 100 g/3½ oz white chocolate, chopped
- > extra maple syrup

.....  
Serves 8

### tip from the chef

*A garnish of fresh fruit and perhaps some almond-flavored biscotti are perfect partners for this light and luscious frozen dessert.*



# cassata alla siciliana

■ □ □ | Cooking time: 15 minutes - Preparation time: 90 minutes

## ingredients

- > 4 eggs
- > ½ cup/100 g/3½ oz caster sugar
- > ¾ cup/90 g/3 oz self-raising flour, sifted
- > ⅓ cup/90 ml/3 fl oz brandy

## cassata filling

- > ½ cup/125 g/4 oz sugar
- > 2 tablespoons water
- > 375 g/12 oz ricotta cheese
- > 100 g/3½ oz dark chocolate, finely chopped
- > 60 g/2 oz glacé cherries, quartered
- > 60 g/2 oz mixed peel, chopped
- > 45 g/1½ oz unsalted pistachios, chopped
- > ½ cup/125 ml/4 fl oz cream (double), whipped

## chocolate coating

- > 315 g/10 oz dark chocolate
- > 90 g/3 oz butter

## method

1. Place eggs in a bowl and beat until light and fluffy. Gradually beat in caster sugar and continue beating until mixture is creamy. Fold in flour. Pour batter into a greased and lined 26 x 32 cm/10½ x 12¾ in Swiss roll tin and bake at 180°C/350°F/Gas 4 for 10-12 minutes or until cooked when tested with a skewer. Turn onto a wire rack to cool.
2. To make filling, place sugar and water in a saucepan and cook over a low heat, stirring constantly, until sugar dissolves. Cool. Place ricotta cheese in a food processor or blender and process until smooth. Transfer to a bowl, add syrup, chocolate, cherries, mixed peel, pistachios and cream and mix to combine.
3. Line an 11 x 21 cm/4½ x 8½ in loaf tin with plastic food wrap. Cut cake into slices and sprinkle with brandy. Line base and sides of prepared tin with cake. Spoon filling into tin and top with a final layer of cake. Cover and freeze until solid.
3. To make coating, place chocolate and butter in a saucepan and cook, stirring, over a low heat until melted and mixture is well blended. Allow to cool slightly.
4. Turn frozen cassata onto a wire rack and cover with coating. Return to freezer until chocolate sets.

.....  
Serves 10



# snow eggs

## with rose custard



■■■ | Cooking time: 20 minutes - Preparation time: 20 minutes

### method

1. To make crystallized rose petals, brush rose petals with egg white, sprinkle with sugar, place on nonstick baking paper and set aside in a warm place to dry.
2. To make meringues, place egg whites in a bowl and beat until soft peaks form. Continue beating while slowly adding sugar, then beat in lemon juice and beat until soft peaks form.
3. Place milk in a large frying pan and bring to simmering over a medium heat. Using two tablespoons shape spoonfuls of egg white mixture and poach in milk for 2-3 minutes. Using a slotted spoon remove meringues from milk and drain on absorbent kitchen paper. Reserve milk.
4. To make custard, place egg yolks and sugar in a heatproof bowl and whisk until creamy. Pour in reserved milk. Place bowl over a saucepan of simmering water and cook, stirring constantly, until mixture thickens. Remove bowl from pan and set aside to cool. Stir yogurt, rose water and raspberry purée into custard mixture. Place bowl in iced water and stir until custard is cold.
5. To serve, divide custard between 4 dessert plates, top with 3 meringues and scatter with rose petals.

### ingredients

- > 3 egg whites
- > 1 tablespoon caster sugar
- > 1 teaspoon lemon juice
- > 1 cup/250 ml/8 fl oz milk

### rose custard

- > 3 egg yolks
- > 2 tablespoons caster sugar
- > ¾ cup/155 g/5 oz natural yogurt
- > 1 teaspoon rose water
- > 2 tablespoon raspberry purée

### crystallized rose petals

- > 12 pink or red rose petals
- > 1 egg white, lightly beaten
- > 2 tablespoons caster sugar

.....  
Serves 4



# ice cream sandwiches

■ □ □ | Cooking time: 1 hour - Preparation time: 10 minutes

## ingredients

- > 2 biscuits
- > 1 spoonful soft ice cream

## method

1. Spread bottom of one biscuit with ice cream.
2. Top with second biscuit.
3. Place on freezerproof dish. Freeze until ice cream is hard.

.....  
 Makes 1



## tip from the chef

*Try these cosmic combos. Chocolate chip biscuits with chocolate ice cream. Chocolate chip biscuits with vanilla ice cream. Gingernuts with vanilla ice cream. Best of all is your favorite biscuit teamed with your favorite ice cream.*

# frozen nutty choc terrine



■ □ □ | Cooking time: 10 minutes - Preparation time: 60 minutes

## method

1. In a large heatproof bowl, melt milk chocolate with the chocolate and hazelnut spread. Cool slightly, stir in Tia Maria and egg yolks. Whip half the cream until soft peaks form. Fold into chocolate mixture.
2. Beat egg whites in a bowl until soft peaks form. Gradually add sugar, beating until mixture is stiff.
3. Melt dark chocolate; fold half into creamy chocolate mixture, then fold in the egg whites. Keep remaining chocolate warm over hot water.
4. Spoon mixture into a large loaf tin lined with cling film. Freeze until firm.
5. Make sauce by adding the remaining cream to the reserved chocolate. Stir over low heat until smooth. Serve with the sliced terrine.

## ingredients

- > 300 g/9½ oz milk chocolate
- > 250 g/8 oz chocolate and hazelnut spread
- > 60 ml/2 fl oz Tia Maria
- > 6 eggs, separated
- > 600 ml/1 pt double cream
- > 3 tablespoons caster sugar
- > 250 g/8 oz dark chocolate

.....  
Serves 12

## tip from the chef

*To turn this simple terrine into a frozen cake, cover the pan with a baked Swiss roll dough before filling it with the chocolate sauce.*



# berry compote

■ □ □ | Cooking time: 10 minutes – Preparation time: 5 minutes

## ingredients

- > 1 cup boysenberries or blackberries
- > 1 cup raspberries
- > ¼ cup red wine
- > 3 tablespoons freshly squeezed lemon juice
- > 3 tablespoons sugar
- > 1 cup fresh strawberries, hulled and halved
- > mint to garnish

## method

1. Place boysenberries or blackberries, raspberries, wine, lemon juice and sugar in a small saucepan over moderate heat, simmer gently until syrup begins to boil.
2. Remove berries from pan with a slotted spoon and set aside. Boil syrup for 5 minutes.
3. Add strawberries to the poached berries and divide between 4 serving glasses.
4. Cool syrup for 5 minutes, then pour over berries. Garnish with mint.

.....  
Serves 4



## tip from the chef

*When out of season, this recipe can be prepared using frozen red fruits.*



# chocolate

## brandy ice cream

■ □ □ | Cooking time: 5 minutes - Preparation time: 40 minutes

### method

1. Combine the cream, milk, chocolate and coffee in a large saucepan over moderate heat. Stir until the chocolate melts, do not allow mixture to boil.
2. Meanwhile, using an electric mixer, beat egg yolks with sugar until pale and thick. Continue to beat while adding hot mocha cream. Return mixture to a clean pan and stir constantly over moderate heat until mixture thickens slightly. Stir in brandy. Set aside until cool.
3. Pour mixture into an ice cream maker and chill according to instructions. Alternatively, freeze in ice trays. When semi-frozen, beat mixture to break up any large ice crystals. Repeat the process twice more, then freeze in a suitable container until solid.

### ingredients

- > 750 ml/ 1¼ pt double cream
- > 250 ml/8 fl oz milk
- > 155 g/5 oz dark chocolate, grated
- > 2 teaspoons instant coffee powder
- > 5 egg yolks
- > 185 g/6 oz caster sugar
- > 2 tablespoons brandy

.....  
Serves 12

### tip from the chef

*As an alternative to home-made ice cream, you can serve a quick chocolate chip ice cream. Whip 250 ml/8 fl oz double cream with 3 tablespoons Kahlua until soft peaks form; fold mixture into 2 liters/3½ pt good quality vanilla ice cream, softened. Spoon into a freezerproof container and freeze until semi-frozen. Beat mixture to break up any large ice crystals. Stir in 250 g/8 oz chocolate chips and 125 g/4 oz almonds, chopped. Freeze until solid.*



# triple-chocolate terrine

■■■ | Cooking time: 35 minutes – Preparation time: 2 hours

## ingredients

### butter cake

- > 125 g/4 oz butter
- > 1 teaspoon vanilla essence
- > ½ cup/100 g/3½ oz caster sugar
- > 2 eggs
- > 1 cup/125 g/4 oz self-raising flour, sifted
- > ⅓ cup/90 ml/3 fl oz milk

### chocolate fudge filling

- > 125 g/4 oz butter
- > 2 tablespoons icing sugar
- > 90 g/3 oz dark chocolate, melted and cooled
- > 1 cup/250 ml/8 fl oz cream (double), chilled

### milk chocolate mousse

- > 200 g/6½ oz milk chocolate, chopped
- > 125 g/4 oz unsalted butter
- > 2 tablespoons caster sugar
- > 2 eggs
- > 1 cup/250 ml/8 fl oz cream (double)
- > 1 tablespoon dark rum
- > 6 teaspoons gelatin dissolved in 2 tablespoons hot water, cooled

### white chocolate glaze

- > 250 g/8 oz white chocolate
- > 100 g/3½ oz unsalted butter

## method

1. Place butter and vanilla essence in a bowl and beat until fluffy. Beat in sugar and continue beating until mixture is creamy. Beat in eggs one at a time. Fold flour and milk, alternately, into butter mixture. Spoon mixture into a greased and lined loaf tin and bake at 180°C/350°F/Gas 4 for 25 minutes. Turn onto a wire rack to cool.
2. Place butter and icing sugar in a bowl and beat until creamy. Fold in dark chocolate and cream. Chill until required.
3. Place milk chocolate and butter in a saucepan and cook over a low heat, stirring constantly, until well blended. Cool. Place sugar and eggs in a bowl and beat until thick. Fold in chocolate mixture, cream, rum and gelatin mixture.
4. Cut cake horizontally into three layers. Spread 2 layers with fudge filling and place one of these layers, filling side up, in the base of loaf tin lined with plastic food wrap. Top with half the mousse and chill. Place the second layer of filling-topped cake over the mousse with filling facing upwards. Top with remaining mousse and chill. Place remaining cake layer on top and chill until set.
5. Place white chocolate and butter in a saucepan and cook over a low heat, stirring constantly, until well blended. Turn terrine onto a wire rack, trim edges, pour over glaze to cover. Allow to set.

.....  
Serves 10



# triple mousse cake

■□□ | Cooking time: 0 minutes - Preparation time: 15 minutes

## method

1. Cut sponge horizontally into three even layers and place one layer in base of a lined 23 cm/9 in springform tin.
2. To make dark mousse, mix chocolate, brandy and egg yolk. Beat egg whites in a clean bowl until soft peaks form. Gradually beat in sugar and continue beating until stiff peaks form. Fold chocolate mixture and cream into egg whites. Pour mousse over sponge and chill for 1 hour or until firm. Top with a second sponge layer.
3. To make mocha mousse, mix chocolate, coffee and egg yolk. Beat egg whites in a clean bowl until soft peaks form. Gradually beat in sugar and continue beating until stiff peaks form. Fold chocolate mixture and cream into egg whites. Pour mousse over sponge and chill for 1 hour or until firm. Top with remaining sponge layer.
4. To make white mousse, place chocolate and milk in a heatproof bowl set over a saucepan of simmering water and stir until smooth. Cool slightly. Fold chocolate mixture into cream. Pour mousse over sponge. Chill for 3 hours or until firm.

## ingredients

> 1 x 23 cm/9 in sponge cake

### dark mousse

- > 185 g/6 oz dark chocolate, melted
- > 2 tablespoons brandy
- > 1 egg yolk
- > 2 egg whites
- > 1 tablespoon sugar
- > 1/3 cup/90 ml/3 fl oz double cream, whipped

### mocha mousse

- > 185 g/6 oz milk chocolate
- > 2 tablespoons strong black coffee
- > 1 egg yolk
- > 2 egg whites
- > 1 tablespoon sugar
- > 1/3 cup/90 ml/3 fl oz double cream, whipped

### white mousse

- > 185 g/6 oz white chocolate
- > 2 tablespoons milk
- > 1 cup/250 ml/8 fl oz double cream, whipped

.....  
Serves 12

## tip from the chef

*Serve this elegant chocoholic's delight with a sweetened purée of fresh sieved raspberries or strawberries.*



# plum

## mousse

■ □ □ | Cooking time: 0 minutes - Preparation time: 5 minutes

### ingredients

- > 750 g/1½ lb unsweetened canned plums
- > 3 teaspoons gelatin
- > 1/8 teaspoon ground cinnamon
- > ½ cup light cream (20% fat content)
- > 2 tablespoons chopped walnuts (optional)

### method

1. Drain plums, reserve ½ cup of juice. Sprinkle gelatin over juice, stir until combined, dissolve over saucepan of hot water.
2. Press plums through a sieve, stir in gelatin mixture, cinnamon and cream, mix well.
3. Spoon into serving dishes. Refrigerate until set. Sprinkle with chopped walnuts, if desired.

.....  
Serves 4



### tip from the chef

*Unsweetened canned apricots or cooked fresh plums can be used instead of canned plums.*



# pink and white mousse



■ □ □ | Cooking time: 0 minutes – Preparation time: 15 minutes

## method

1. Place berries in a food processor or blender and process to make a purée. Press purée through a sieve into a saucepan (a). Stir in  $\frac{1}{3}$  cup/90 g/3 oz sugar and liqueur and bring to simmering over a low heat. Simmer, stirring occasionally, until mixture reduces to 1 cup/250 ml/8 fl oz. Remove pan from heat and set aside.
2. Place water, egg yolks and remaining sugar in a heatproof bowl set over a saucepan of simmering water and beat for 8 minutes or until mixture is light and creamy. Remove bowl from pan. Add chocolate (b) and vanilla essence and beat until mixture cools. Fold whipped cream into chocolate mixture. Divide mixture into two portions.
3. Stir berry purée into one portion of mixture (c) and leave one portion plain. Drop alternate spoonfuls of berry and plain mixtures into serving glasses (d). Using a skewer swirl mixtures to give a ripple effect. Refrigerate until firm. Just prior to serving decorate with chocolate shavings.

## ingredients

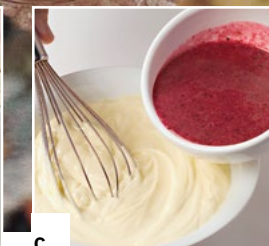
- > 500 g/1 lb mixed berries of your choice
- > 1 cup/250 g/8 oz sugar
- > 1 tablespoon orangeflavored liqueur
- >  $\frac{1}{4}$  cup/60 ml/2 fl oz water
- > 6 egg yolks
- > 200 g/6 $\frac{1}{2}$  oz white chocolate, cut in pieces
- > 2 teaspoons vanilla essence
- > 12/3 cups/410 ml/13 fl oz double cream, whipped
- > white chocolate shavings



a



b



c



d

.....  
Serves 8



# passion fruit mousse

■ □ □ | Cooking time: 2 minutes – Preparation time: 15 minutes

## ingredients

- > 10 passion fruits
- > 2 teaspoons gelatin
- > ¼ cup freshly squeezed orange juice
- > 1½ cup thickened cream

## method

1. Scoop out passion fruit pulp into a medium bowl. Dissolve gelatin in orange juice in double saucepan over simmering water. Add to the passion fruit, mix well.
2. Beat cream until thick and gently fold into purée mixture. Spoon mousse into 4 glasses, chill to serve. Decorate with passion fruit seed.

.....  
Serves 4



## tip from the chef

*It is a quick and easy dessert, very handy for busy cooks.*





# orange pecan mousse

■□□ | Cooking time: 15 minutes – Preparation time: 20 minutes

## method

1. To make praline, melt sugar in a small, heavy saucepan over low heat, stirring once or twice, then cook until golden brown. Add pecans, pour onto an oiled upside-down baking tray, cool. Break into pieces, saving a few pecan halves for decoration. Crush remainder in a food processor.
2. Beat egg whites until soft peaks form and gradually beat in sugar. Fold in cream, crushed praline and caramelized peel. Pour mixture into a large deep ring tin, cover with foil and refrigerate overnight.
3. To make sauce, scald milk with orange rind, remove from heat. Beat egg yolks with sugar until pale and thick. Gradually stir in hot milk, then return mixture to saucepan. Cook over low heat, stirring, until custard coats the spoon. Strain and set aside.
4. Turn mousse onto a serving platter and decorate with reserved pecan pieces and extra caramelized peel. Accompany with sauce.

.....  
Serves 12

## tip from the chef

*To caramelize peel, remove rind from 2 oranges, scrape off pith and cut peel into matchsticks. Place in a small saucepan, cover with cold water, bring to the boil, drain and refresh under cold water. Return peel to pan, add 60 g/2 oz sugar and enough water to moisten. Cook over moderate heat until sugar dissolves and liquid evaporates. Remove from heat and set aside to cool.*

## ingredients

- > 6 egg whites
- > 140 g/4½ oz sugar
- > 600 ml/1 pt double cream, whipped
- > 1 tablespoon finely chopped caramelized peel
- > caramelized peel, extra, to decorate

### praline

- > 125 g/4 oz sugar
- > 60 g/2 oz pecan halves

### custard sauce

- > 600 ml/1 pt milk
- > rind of 1 orange
- > 6 egg yolks
- > 90 g/3 oz sugar



# mocha

## cream

■ □ □ | Cooking time: 0 minutes – Preparation time: 15 minutes

### ingredients

- > 1½ cups thickened cream
- > 1 tablespoon vanilla essence
- > 2 teaspoons instant coffee dissolved in 2 teaspoons water
- > 100 g/3½ oz dark chocolate, melted
- > 3 tablespoons Kahlua or chocolate liqueur
- > 4 egg whites
- > ½ cup caster sugar
- > coffee beans to garnish

### method

1. Beat cream with vanilla essence and coffee until soft peaks form. Stir in melted chocolate and Kahlua until combined.
2. Whip egg whites until stiff; gradually add sugar and continue to beat until thick and glossy, about 5 minutes.
3. Gently fold meringue into chocolate cream mixture until just combined. Spoon into 4 serving glasses, chill, top with coffee beans to decorate.

.....  
Serves 4



### tip from the chef

*It may be served with chocolate sauce and broken meringue.*





# melon

## mousse

■ □ □ | Cooking time: 0 minutes – Preparation time: 15 minutes

### method

1. Blend or process melon, honey and yogurt until smooth.
2. Sprinkle gelatin over water, dissolve over hot water (or microwave on High for about 20 seconds).
3. Stir gelatin mixture into melon mixture. Pour mixture into 4 serving dishes, refrigerate several hours or until set.

### ingredients

- > 5 cups chopped cantaloupe melon
- > ¼ cup honey
- > 200 g/6½ oz plain yogurt
- > 1 tablespoon gelatin
- > 2 tablespoons water

.....  
 Makes 4

### tip from the chef

*Melon rind can be used as a bowl to serve the mousse.*



# mango

## mousse

■ □ □ | Cooking time: 0 minutes - Preparation time: 15 minutes

### ingredients

- > 2 mangoes, peeled and stoned
- > 1 tablespoon sugar
- > 2 tablespoons gelatin
- > ¼ cup water
- > ¾ cup evaporated skim milk

### method

1. Blend or process mangoes until smooth. Combine sugar and mango purée in a bowl.
2. Sprinkle gelatin over water, dissolve over hot water, add to mango mixture.
3. Beat milk in a small bowl until frothy, fold into mango mixture.
4. Pour into serving glasses, refrigerate until set.

.....  
Serves 8

### tip from the chef

*Mango slices and halved strawberries can be used as a decoration for this delicious mousse rich in antioxidants (betacarotenes and vitamin C).*



# double chocolate

## velvet mousse



■ □ □ | Cooking time: 0 minutes – Preparation time: 25 minutes

### method

1. Combine milk chocolate melts with half the sour cream and 1 egg yolk in a large bowl, stir until smooth. Beat 2 egg whites until soft peaks form, gradually add half the caster sugar, beat for a further 3 minutes; fold into chocolate mixture. Pour mousse into 4 large balloon glasses and chill for several hours or until set.
2. To make white chocolate layer, combine white melts with remaining sour cream and remaining egg yolk, stir until smooth. Beat remaining egg whites until soft peaks form, gradually add remaining sugar, beat for a further 3 minutes.
3. Fold into white chocolate mixture and pour on top of chilled milk chocolate mousse, chill to set. Decorate with piped cream and strawberries, dust with cocoa.

### ingredients

- > 200 g/6½ oz milk chocolate melts
- > 1 cup sour cream
- > 2 egg yolks
- > 4 egg whites
- > ¼ cup caster sugar
- > 200 g/6½ oz white chocolate melts
- > ½ cup cream, whipped, to decorate
- > 4 strawberries, to decorate
- > 1 tablespoon sifted cocoa, to decorate

.....  
Serves 4

### tip from the chef

*This dessert should be served very cold. If you wish to make a variation, replace the milk chocolate or the white chocolate with bittersweet chocolate.*



# apricot mold

■ □ □ | Cooking time: 2 minutes - Preparation time: 10 minutes

## ingredients

- > 8 apricots, stoned and chopped
- > 3 teaspoons gelatin
- > ¼ cup/60 ml/2 fl oz apricot nectar
- > 1 cup/250 ml/8 fl oz cream
- > 2 apricots, extra, to decorate
- > cream to serve
- > ¼ cup pistachios to serve

## method

1. Blend or process apricots until quite smooth.
2. Dissolve gelatin in apricot nectar in a heatproof bowl over a saucepan of simmering water. Stir into apricot purée.
3. Whip cream until thick and fold into apricot mixture.
4. Pour into four lightly oiled ½-cup capacity molds and refrigerate until set. Serve with fresh apricot slices, whipped cream and pistachios.

.....  
Serves 4



## tip from the chef

*This dessert becomes even lighter if unsalted low-fat cream cheese is used in place of cream.*



# chilled peach cream



■ □ □ | Cooking time: 0 minutes – Preparation time: 15 minutes

## method

1. Drain peaches, reserving syrup. Purée peaches in a blender or food processor. Measure purée to make 1¼ cups. Reserve remaining purée.
2. Sprinkle gelatin over 4 tablespoons reserved syrup, dissolve over a saucepan of simmering water, cool.
3. Whisk gelatin mixture into peach purée (a). Fold in cream (b).
4. Pour mixture into a rinsed fluted mold or 6 individual molds (c). Chill until set. Turn out and serve with remaining purée. Accompany with cream and fresh fruit if desired.

## ingredients

- > 840 g/28 oz canned peaches in syrup
- > 3 teaspoons gelatin
- > 1 cup double cream, whipped

.....  
Serves 6

## tip from the chef

*To dissolve gelatin in the microwave, cook on High (100%) for 40 seconds.*



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# ice cream & creamy desserts