

GOOSEBERRY FOOL ICE CREAM

A gentle nod to the nostalgic British pudding, this gooseberry fool ice cream puts the spotlight on the sharp-sweet tang of this fabulous fruit. Softened by a swirl of elderflower and a classic rich custard base, this tart ice cream is a cooling treat for any hot summer's day. Best served with crumbled ginger biscuits to add a delicious, sweet crunch.

Prep time 30 minutes | Cook time 1 hour 10 minutes | Serves 10

For the vanilla custard base - makes 1 litre of ice cream

4 Old Cotswold Legbar egg yolks 200q caster sugar 750ml whole milk 150ml double cream

2 vanilla pods

For the gooseberry puree

320q gooseberries 4 tbsp caster sugar Splash of elderflower cordial

To serve

Ginger biscuits

Trim the gooseberries and place in a pan with the 4 tbsp of caster sugar and elderflower. Place over a low to medium heat and cook for 15 to 20 minutes, stirring occasionally, until soft and jammy.

Place in a mini food processor or using a hand blender – blend until smooth, place over a sieve and sieve out any seeds. Leave to cool to use later.

Now make the custard base: place the double cream, whole milk, half of the sugar and vanilla pods in a wide based sauce pan over a low to medium heat, and heat until just beginning to simmer. In a separate bowl whisk together the remaining sugar and egg yolks.

When the milk has warmed, gently pour over the egg mixture stirring until combined. Return the mixture to the pan and heat until it reaches 82°c on a thermometer, stirring continuously.

When it reaches this temperature, strain the mixture through a fine sieve, and leave to cool to room temperature, stirring from time to time.

When cooled, pour into your ice cream machine and churn according to the machine's instructions, halfway through the churning process spoon in the gooseberry puree. When finished churning place the mixture into a container and place in the freezer for at least 3 hours, preferably overnight.

When ready, scoop the ice cream into bowls with a ginger biscuit crumbled over the top.







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