

Ice Cream

Ice cream mixtures can be as simple as Pure fruit, sugar and cream, Philadelphia-style , or based on more complicated cooked custards, French-style . Both are delicious, though French versions are slightly richer. The recipes which follow are for both kinds. All use rich, heavy cream. If you prefer lighter, lower-calorie dessert, substitute milk (whole or skim) or even yoghurt for the cream in any of these recipes. Always sample the mixtures before freezing and adjust to your own taste.

Use these recipes as an inspiration for your own favorite ice creams. If you like a little crunch, add a cup of chopped nuts, chocolate chips or candy to a quart of mixture , either before or after freezing ,depending on whether you want the crunch to be frozen, too. You can also add chopped fruit, fresh or dried, shredded coconut, even marshmallows. It's better to add these soft things at the end so they don't get icy.

Banana Ice Cream

The riper the bananas, the more flavor.

- 2 ripe bananas
- 4¹/₂ teaspoons fresh lemon juice
- 1/4 cup plus 2 tablespoons simple syrup
- 1/2 cup heavy cream

Working quickly to keep the bananas from darkening, peel and place them in a food processor with the lemon juice. Purée until smooth. You have about 1 cup of Purée. Stir in the simple syrup, then the cream.

- Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.
- Makes about 1 pint.

Strawberry Ice Cream

- 2 pints strawberries, washed and hulled
- 1/2 cup plus 2 tablespoon superfine sugar
- 8 teaspoons fresh lemon juice
- 1¹/₂ cups heavy cream

- Puree the strawberries in a food processor. Stir in the remaining ingredients.
- Pour the mixture into the bowl of the machine and freeze 25 to 30 min.
- Makes about 3¹/₂ cups.

Maple Walnut Ice Cream

- 1 cup heavy cream

3/4 cup plus 2 tablespoons milk
3/4 cup Vermont grade A maple syrup
1/2 cup walnut pieces

Pour the cream, milk and syrup into the bowl of the machine.
Add nuts and freeze 25 to 30 minutes.
Make about 2¹/₂ cups.

Peach Ice Cream

When fresh peaches are out of season, this simple dessert will Conjure up memories of warmer days.

One 16-ounce can peaches packed in heavy syrup, drained, liquid discarded
1/4 cup plus 2 tablespoons simple syrup
4¹/₂ teaspoons fresh lemon juice
1/2 cup heavy cream

Purée the peaches in a food processor. Add the syrup, lemon juice and cream.
Pour the mixture into the bowl of the machine and freeze 25 to 30 min.
Makes about 1 pint.

Apricot Ice Cream

Substitute apricots for the peaches. Use only 1 tablespoon lemon juice.

Quick Raspberry Ice Cream

1 10-ounce partially thawed raspberries
1 cup heavy cream
1/2 cup milk

Lightly crush raspberries while still in carton. Pour into the bowl of machine, add cream & milk.

Set freeze for about 25 minutes.
Makes 1¹/₂ pints.

Coconut Ice Cream

1 8-ounce can sweetened cream of coconut
1/2 cup milk
1 cup heavy cream
1/2 cup tightly packed coconut flakes

Place the coconut cream and milk into a food processor and blend thoroughly. Stir in coconut flakes and cream. Pour mixture into bowl of the machine and freeze for 25

minutes.

Makes 1 pint.

Avocado Ice Cream

While an avocado-flavored dessert may seem strange to North Americans, South Americans have long considered the avocado an ideal ingredient for sweet desserts. Try this recipe and you'll understand why.

Two 8-ounce avocado
1/4 teaspoon salt
1/2 cup superfine sugar
3 tablespoons fresh lemon juice
1/2 cup heavy cream

Peel and pit the avocados. Cut them into chunks and purée in a food processor. You should have about 1½ cups of purée. With the machine running, add the remaining ingredients.

Pour the mixture into the bowl of the machine and freeze 25 minutes.

Makes about 1 pint.

Custard Ice Cream Base

This base will keep for 3 to 4 days if kept in the refrigerator in a tightly-covered jar. It is important that the jar be well sealed or the base will pick up flavors from other foods. If you prefer to use turbinado sugar, substitute it for the granulated in the recipe.

3 cups heavy cream
1 cup whole milk
3/4 cup sugar
4 egg yolks

Heat the cream, milk and sugar in a heavy-bottomed saucepan, stirring occasionally until the sugar is dissolved and the mixture is hot. Place the egg yolks in a bowl and whisk briefly. Still whisking, slowly pour in about 1 cup of the hot liquid in the saucepan, whisking constantly. Cook over medium heat, stirring constantly, until the mixture thickens slightly and coats the back of a spoon, about 6 minutes. Be sure not to let the mixture boil at any time or it will curdle. Strain the mixture into a clean bowl and use as directed in the specific recipes.

Makes about 1 quart.

There isn't enough pure vanilla in the world to satisfy the craving for vanilla ice cream, which explains why most vanilla ice cream is artificially flavored.

Vanilla is far and away the most popular ice cream flavor in the country.

Chocolate is the second most popular ice cream flavor but vanilla sales outnumber chocolate by over three to one.

Rich Vanilla Ice Cream

This rich vanilla ice cream is better than anything you can find commercially –even in an ice cream parlor.

1½ cups heavy cream
1/2 cup whole milk
1/4 cup plus two tablespoons sugar
1 vanilla bean, split or 1 tblsp. Vanilla extract
2 egg yolks

Follow the recipe for the Custard Ice Cream Base, adding the vanilla beans to the saucepan with the cream, milk and sugar. Just before straining, scrape the seeds from the beans into the custard base. If using vanilla extract, add to the base after straining.

Pour the cooled mixture into the bowl of the machine and freeze 25 to 30 minutes.
Makes about 1 pint.

Honey Vanilla Ice Cream

Follow the recipe for Rich Vanilla Ice Cream substituting ½ cup honey for the sugar.

Chocolate Ice cream

1½ ounce semisweet chocolate
1/2 ounce unsweetened chocolate
1 recipe Custard Ice Cream Base, warm

Melt the chocolates together in a saucepan over low heat, stirring occasionally until smooth. Gradually add some of the ice cream base to the chocolate, whisking it frequently to keep the chocolate smooth. Add the remaining ice cream base and cook over low heat until the mixture is well blended. Cool thoroughly.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.
Makes about 1 pint.

Coffee Ice Cream

We like this garnished with coffee beans.

1 recipe Custard Ice Cream Base
4 tablespoons instant coffee granules, preferably espresso.

Mix about 1 cup of the Custard Ice Cream Base together with the coffee. Stir over low

heat until the coffee is dissolved. Mix with the remaining base. Cool thoroughly.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 2 $\frac{1}{2}$ cups.

Pistachio Ice Cream

1 recipe Custard Ice Cream Base, chilled

1/2 cup shelled, blanched, peeled, coarsely chopped pistachio nuts

1/4 teaspoon almond extract

Mix all the ingredients together. Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 2 $\frac{1}{2}$ cups.

Cinnamon Ice Cream

Try this with hot apple pie.

1 recipe Custard Ice Cream Base

1/4 teaspoon of cinnamon or cinnamon stick

Put about 2 cups of the Custard Ice Cream Base with the cinnamon in a saucepan. Cook over low heat, stirring constantly, 5 to 10 minutes, or until the mixture is warm and suffused with cinnamon flavor. Cool thoroughly. Remove cinnamon sticks, if used.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Make about 1 quart.

Peach Pit Ice cream

The same technique will work with other pitted fruits. Fresh cherries are particularly good. Purée the fruit in a food mill so the pits and skins are easily separated from the pulp.

1 $\frac{1}{4}$ pounds (about 8 medium) peaches

4 tablespoons fresh lemon juice

1 $\frac{1}{2}$ cups heavy cream

1 $\frac{1}{2}$ cups milk

$\frac{3}{4}$ cup plus 2 tablespoons sugar

3 egg yolks

Peel and pit the peaches, reserving the peel and pits. Purée the pulp with lemon juice. You should have 2 cups of purée. Refrigerate.

Place the reserved peels and pits in a saucepan with the cream and milk. Simmer covered over low heat for 20 minutes. Do not boil. The mixture may look slightly separated due to the acid in the fruit. Add the sugar and stir to dissolve.

Place egg yolks in a bowl and whisk briefly. Still whisking, slowly pour in about 1 cup of

the hot liquid. When the mixture is blended, slowly pour it into the liquid in the saucepan, whisking constantly. Cook over medium heat, stirring constantly, until the mixture thickens slightly and coats the back of the spoon, about 8 minutes. Be sure not to let the mixture boil at any time or it will curdle. Strain the mixture into a clean bowl and cool thoroughly.

Combine the custard mixture with the peach purée. Pour into the bowl of the machine and freeze 25 minutes.

Makes 1 quart.

Oreo Ice Cream

A childhood fantasy adults love.

1 recipe Chocolate Ice Cream or Rich Vanilla Ice Cream, chilled but not frozen

1/2 cup broken Oreo cookies (about 4 or 5)

Pour the chocolate or vanilla ice cream mixture into the bowl of the machine and freeze 15 minutes, then add the Oreos. Freeze another 5 to 10 minutes.

Makes about 1/2 cups.

Brown Sugar Pecan Ice Cream

This variation on the custard base uses brown sugar in place of white.

1 1/2 cups heavy cream

1/2 cup milk

1/2 cup scant packed brown sugar

2 egg yolks

1/2 cup pecan pieces

Heat the cream, milk and sugar in a heavy-bottomed saucepan, stirring occasionally until the sugar is dissolved and the mixture is hot. Place the egg yolks in a bowl and whisk briefly. Still whisking, slowly pour in about 1 cup of the hot liquid. When the mixture is blended, slowly pour it into the liquid in the saucepan, whisking constantly. Cook over medium heat, stirring constantly until the mixture thickens slightly and coats the back of a spoon, about 6 minutes. Be sure not to let the mixture boil at any time or it will curdle.

Strain into a clean bowl and cool thoroughly. Stir in the nuts.

Pour the mixture into the bowl of the machine and freeze 25 minutes.

Make 2 1/2 cups.

I scream
You scream
We all scream
For ice cream

Lemon Ice Cream

1/2 Zest of lemon
1/4 cup + 2 tablespoons sugar
1 1/4 cups heavy cream
1/2 cup milk
3 egg yolks
4 tablespoons freshly squeezed lemon juice strained

Put the lemon zest and sugar in a food processor until the zest is finally chopped. In a saucepan, mix the lemon sugar with 3/4 cup heavy cream and all the milk. Bring to a boil, stirring occasionally to dissolve the sugar. Place the egg yolks in a large bowl and whisk briefly. Still whisking the yolks, slowly pour in the hot cream. When the mixture is smooth, pour it back into the saucepan or into the top of a double boiler. Cook over low heat or over simmering water, stirring constantly, until the mixture becomes a thick custard, about 12 minutes. Do not let the mixture boil.

Place the custard in a metal bowl set over a larger bowl of ice. Stir until very cold and thick. Mix in the lemon juice.

Whip the remaining cream until stiff. Fold in the lemon custard.

Place the mixture in the bowl of the machine and freeze 25 minutes.

Makes about 1 pint.

Sorbets

Sorbets are smooth frozen ices made without milk or other dairy products. The beautiful, silky texture of a sorbet is at its best freshly made and still soft. It should never be rock hard and should always be free of ice crystals. Making sorbet in the Amstrad is so quick and easy.

As you will see, many of these mixtures are made of just fruit Purée, simple syrup and lemon juice. If you have a large food processor, you can add the syrup to the pulse in the work bowl. If not, pour the purée into the bowl of the machine and add the syrup and lemon juice to the batch, always taste your mixture before freezing and add more lemon juice or syrup as needed.

While sorbets taste wonderful served in any shape, we like to see them given a festive presentation. Spoon some fruit on a dessert plate so it covers the center in a thin layer. Using two soup spoons, form the sorbet into smooth egg-shaped balls. Arrange three scoops (different flavors and colors if you have them) on the plate and garnish with a few pieces of fruit, sprigs of mint or candied violets.

Simple Syrup

This is an exceedingly useful mixture to have on hand in the refrigerator. Appropriately named, it is simply a mixture of sugar and water cooked enough to dissolve the sugar and make a very light syrup. This guarantees that you'll never have the graininess found in imperfectly dissolved sugar mixtures.

Since your goal is a frozen dessert, it will freeze faster if all the ingredients are cold-or at least room temperature- to begin with. So, while making the simple syrup takes only a few minutes, waiting for it to cool takes longer, and making it ahead is a true timesaver.

Simple syrup has a practically endless life since there is nothing to spoil. You can make a batch of any quantity, forget about it for months (although fresh sorbets are so good you won't want to) and still be sure it's good.

4 cups sugar

4 cups water

Place the water and sugar in a saucepan and simmer until the sugar is dissolved. Cool to room temperature, then refrigerate in a covered jar.

Makes 1 generous quart.

Makes enough for a couple of recipes!

Fresh Strawberry Sorbet

You might make extra purée and use it as sauce under the sorbet. A fresh mint sprig makes a pretty garnish.

1 pint strawberries, washed and hulled

1/2 cup plus 1 tablespoon simple syrup

2 tablespoons fresh lemon juice

Purée the strawberries in a food processor. You should have about 1 1/2 cups. Stir in 1/2 cup of simple syrup and the lemon juice. Taste and add remaining syrup if necessary.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes. Makes about 1 1/2 cups.

About 1660, it is said, a Sicilian named Francisco Procopio introduced ice cream and water ices to France.

Cantaloupe Sorbet

Any ripe lemon may be substituted for the cantaloupe. Always taste the mixture before freezing and adjust the simple syrup and lemon juice as needed

1/2 cantaloupe

3/4 cup simple syrup

1 1/2 teaspoons fresh lemon juice

Peel and seed the cantaloupe. Cube the flesh and purée in a food processor. You should have about 1 3/4 cups of purée. Stir in the simple syrup and lemon juice.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes. Makes about 1 pint.

Melon and Prosciutto Sorbet

Follow the recipe for Cantaloupe Sorbet, stirring in 4½ teaspoons finely chopped prosciutto after the mixture has frozen for 10 minutes.

Kiwi Sorbet

The beautiful green color complements the rosy hue of a strawberry sorbet, pleasing both the eye and the palate.

4 kiwi fruits
1/2 cup plus 3 tablespoons simple syrup
2 teaspoons fresh lemon juice

Peel the kiwis. Purée in a food processor . You should have about 1 cup of purée. Stir in the simple syrup and lemon juice.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes. Makes about 1 pint.

By 1676 there were 250 official limonadiers, sellers of ice creams and water ices, in Paris

Watermelon Sorbet

1/4 watermelon, approximately
1/2 cup simple syrup
1 tablespoon fresh lemon juice

Remove the seeds and rind from enough watermelon to make 1¾ cups of purée in a food processor. Stir in the simple syrup and lemon juice. Pour the mixture into the bowl of the machine and freeze 25 minutes.

Makes about 1 pint.

Mango Sorbet

It is worth the added trouble of pushing the mixture through a sieve to give you this vibrant, silky hint of the tropics.

2 ripe mangoes
1/2 cup simple syrup
2 tablespoons lemon juice

Peel and pit the mangoes. Purée the flesh into a food processor. You should have about 1¾ cups of purée. Stir in the simple syrup and lemon juice. Force the mixture into the bowl

of the machine and freeze 25 to 30 minutes. Makes about 1 pint.

Fresh Pineapple Sorbet

1/2 small ripe Hawaiian pineapple
1/2 cup simple syrup
1 tablespoon fresh lemon juice

Peel, core and cube the pineapple. Place the cubes in a food processor and process until very smooth and frothy. You should have 1¹/₄ cups. Stir in the simple syrup and lemon juice. Taste and add more syrup or juice if needed. Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 pint.

Pear Sorbet

(2) 16-ounce cans pears packed in heavy syrup, liquid drained and discarded.
3/4 cup simple syrup
4 tablespoons fresh lemon juice

Purée the pears in a food processor. Stir in the simple syrup and lemon juice. Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes. Makes about 1¹/₂ pints.

Apricot Sorbet

Substitute canned apricots for the pears. Use only 2 tablespoons lemon juice

Peach Sorbet

Substitute canned peaches for the pears. Use only 3 tablespoons lemon juice

Cherry Sorbet

One 16-ounce can pitted big cherries in heavy syrup.
1 cup simple syrup
2 tablespoons fresh lemon juice
2 tablespoons water

Drain the cherries, reserving 2 tablespoons of the syrup. Put the cherries through a food mill. Stir in the cherry syrup, simple syrup, lemon juice and water.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes. Makes about 2¹/₄ cups.

Pineapple Sorbet

One 10-ounce can pineapple packed in its own juices
3/4 to 1 cup simple syrup

Drain the pineapple and reserve the juice for another use. Purée the pineapple in a food processor until very frothy. You should have about 1 cup of purée. Stir in the simple syrup.

Pour the mixture into the bowl of the machine and freeze 25 minutes.

Makes about 1 1/2 cups.

Mandarin Orange Sorbet

2 five ounce cans of mandarin oranges packed in light syrup

1/2 cup simple syrup

2 teaspoons fresh lemon juice

Drain the orange and reserve syrup. Purée the oranges in food processor. Stir in the reserved syrup, sugar and lemon juice. Pour the mixture into the bowl of the machine and freeze for 25 minutes.

Makes 1.5 pints.

Strawberry Sorbet

One 10-ounce package frozen strawberries packed in syrup

1/2 cup simple syrup

4 1/2 teaspoons fresh lemon juice

Purée the strawberries with their syrup in a food processor. Stir in the simple syrup and lemon juice.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes. Makes about 1 pint.

The Chinese and Arabs were the first to make flavored ices

Raspberry Sorbet

Substitute frozen raspberries for the strawberries. Taste the mixture. You may need up to 2 tablespoons more simple syrup.

Extra Smooth Fluffy Strawberry Sorbet

Rather than using a simple syrup, this recipe calls for an Italian meringue. Although it is complicated to make, the resulting sorbet is truly special. The same procedure will work with other fruit purées.

3 tablespoons water

1/4 cup plus 2 tablespoons sugar
2 egg whites
1 1/2 cups strawberries, washed, hulled and pureed
2 1/2 teaspoons fresh lemon juice

Combine the water and sugar in a small saucepan. Dissolve the sugar over medium heat, then continue cooking until the mixture boils and becomes clear. Use a wet brush to wash down the sides of the pot to dissolve any sugar crystals. Continue to boil the mixture until it reaches the soft ball stage, 238° F. If you don't have a thermometer, test by putting a drop of syrup in cold water. When the drop forms a solid but soft ball, the syrup is ready.

While you are making the syrup, place the egg whites in a very clean metal bowl. Beat until they just begin to foam. Then slowly pour in the hot sugar syrup. Take a full minute to add the syrup. Continue beating for about 10 minutes, or until the bottom of the bowl cool to the touch.

Gently fold in the strawberry purée and lemon juice. It is not necessary to blend thoroughly.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes. Makes about 1 pint.

Iced food have a long history going back to Alexander the Great, Who kept trenches full of snow during the siege of Petra for cool refreshment

Sugarless Apple Sorbet

1 1/2 cups unsweetened apple juice
3 ounce unsweetened concentrated apple juice
4 1/2 teaspoons fresh lemon juice

Place the apple juice, concentrate and lemon juice in the bowl of the machine and freeze 25 minutes.

Makes 1 pint.

Cranberry Juice Sorbet

The tart cranberry flavor makes this particularly refreshing.

1 1/2 cups plus 3 tablespoons canned or bottled cranberry juice
1/4 cup plus 1 tablespoon simple syrup

Mix the cranberry juice and simple syrup together. Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 pint.

Orange Sorbet

Very quick and refreshing .If you like tart foods and want an even easier treat, just use the orange juice.

1 pint orange juice
2 tablespoons superfine sugar
1 1/2 teaspoons fresh lemon juice

Put the orange juice, sugar and lemon juice in the bowl of the machine and freeze 25 minutes

Makes about 1 pint.

Grapefruit Juice Sorbet

Try serving this instead of chilled juice at your next brunch.

1 1/2 cups unsweetened grapefruit juice
3/4 cup plus 2 tablespoons simple syrup

Mix the grapefruit juice and simple syrup together.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 pint.

Grape Juice Sorbet

Substitute unsweetened grape juice for the grapefruit juice.

Lemon Sorbet

The perfect ending to a heavy meal.

3/4 cup fresh lemon juice
1 1/2 teaspoons grated lemon zest
1 1/2 cups simple syrup

Place the lemon juice, zest and simple syrup in the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 pint.

Honey Lemon Sorbet

1/4 cup hot water
1/3 cup honey
1/2 teaspoon grated lemon juice

1/2 cup fresh lemon juice
1 cup cold water

Place the hot water, honey and zest in a bowl. Stir until the honey dissolves. Stir in the lemon juice and cold water.

Pour the mixture into the bowl of the machine and freeze 25 minutes.

Makes about 1 pint.

During the first century, Emperor Nero sent runners to the mountains for snow which was then flavored with honey, juices and fruit pulps.

When Marco Polo returned from the Far East in the late 1200s, he had a recipe for a frozen dessert which included milk in the ingredients, seeming to resemble a modern sherbet.

Chocolate Sorbet

Wonderfully chocolaty-smooth and dense
2 ounce unsweetened chocolate, broken into chunks
1 pint water
3/4 sugar

Use a knife or a food processor to chop the chocolate into very small pieces.

Heat the water and sugar together in a saucepan. Add the chocolate and simmer for 20 minutes until the mixture is very smooth and not grainy.

Do not boil. Cool thoroughly.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 pint.

Maple Syrup Sorbet

1/2 cup plus 2 tablespoons Vermont grade A maple syrup
1 cup water

Combine the maple syrup and the water. Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 pint.

Tomato and Basil Sorbet

Nothing seems to speak more of summer than fresh basil and gorgeous ripe tomatoes. That's the time to try this as a first course- or even a refreshing snack.

3 fresh ripe tomatoes
1/4 cup fresh lemon juice
1/2 teaspoon salt

1/4 cup simple syrup
1 1/2 teaspoons tomato paste
3 fresh basil leaves, coarsely chopped

Peel, core and seed the tomatoes. Purée them in a food processor. You should have about 1 1/2 cups of purée. Stir in the remaining ingredients.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.
Makes about 1 pint.

Chicken Soup and Dill Sorbet

This is just the thing to start a dinner on a hot summer's eve.

1 pint rich home-made chicken stock
1 tablespoon tightly packed, finely snipped fresh dill
1 to 2 tablespoons fresh lemon juice
Salt and freshly ground pepper to taste

Place all the ingredients into the bowl of the machine and freeze 25 minutes.
Makes 1 generous pint.

Gazpacho Sorbet

1 1/4 cups chilled Gazpacho (see recipe)
1 tablespoon fresh lemon juice
1 teaspoon juice
1/2 cup water
1/2 cup tomato juice
Dash of Tabasco
2 grindings of fresh black pepper

Mix all the ingredients together, adjusting the seasonings to taste. Strain the mixture and vegetable chunks. Pour the liquid into the bowl of the machine and after 15 minutes, stir in the reserved vegetables and freeze until firm, another 10 minutes.

Makes about 1 pint.

Gazpacho

1/4 medium Bermuda or other sweet white onion, peeled and quartered.
1 small firm cucumber, peeled and cut into chunks
1 small green pepper, seeded and cut into eighths
3 medium to large ripe tomatoes, peeled cut into eighths
3 medium garlic cloves
1/2 cup tomato juice, approximately

1/2 cup olive oil
1/4 teaspoon chili powder or 1/2 small piece of fresh chili pepper
1 1/2 teaspoons salt

Add the onion to the work bowl of a food processor fitted with the metal blade. Process, turning on and off, rapidly, until finely chopped, about 4 or 5 seconds. Transfer the onion to a large bowl.

Repeat with the cucumbers, then with the green peppers, adding each to the onion in the bowl. Process 2 of the tomatoes until evenly chopped into small pieces. Transfer to the bowl with the other chopped ingredients.

Process the remaining tomato with the garlic, tomato juice, olive oil and chili powder until a smooth liquid is formed. Combine with the chopped vegetables and chili in a covered container.

Makes 3 cups.

Borscht Sorbet

1/2 pound beets
2 1/2 cups water
1 1/4 teaspoons white vinegar
1 tablespoon fresh lemon juice
1/4 teaspoon citric acid (sour salt) crystals
1/4 to 1/2 cup sugar
sour cream
chopped dill

Wash and scrub the beets well. Trim off all but 1 inch of the stems. Put the beets in a pot with the water. Place over high heat and bring to a boil. Cover the pan, reduce the heat to a low boil and cook 15 to 30 minutes, or until the beets can be pierced with a skewer. (Cooking time depends on the size and age of the beets.) Set aside to cool slightly.

Strain the beets through a fine mesh strainer into a pan. Reserve the beets for another use. Measure the liquid and add enough water to make 2 cups. While the liquid is still hot, add the vinegar, lemon juice, citric acid, sugar and salt. Stir to dissolve. Taste and correct seasoning if necessary. The effect should be sweet and sour.

Cool the borscht thoroughly. Pour into the bowl of the machine and freeze 25 minutes.

Garnish with a dollop of sour cream and a sprinkling of fresh dill.

Makes 1 pint.

Red Bean Paste Sorbet

This unusual sorbet could be the perfect way to end a Chinese dinner.

9 ounces canned sweetened red bean paste
1/2 cup water

3/4 cup simple syrup

Place the bean paste and water in a food processor and purée until smooth. Stir in the simple syrup.

Pour the mixture into the bowl of the machine and freeze 25 minutes.

Makes about 1 1/2 cups.

Chutney Sorbet

Chutney makes a wonderful foil to spicy foods. Frozen, it really cools the mouth and leaves you ready for the next bite of curry.

8 ounces Major Grey's chutney

1/2 cup hot water

1 1/2 teaspoons fresh lemon juice

Place the chutney in a food processor and process until smooth. With the machine running, pour in the hot water, then the lemon juice.

Pour the mixture into the bowl of the machine and freeze 20 minutes.

Makes about 1 cup.

Constant Comment Sorbet

1/2 cup Constant Comment tea leaves

1 cup cold water

two 1x3-inch strips orange zest

1 cup simple syrup

1 cup orange juice

Place the tea leaves, water and orange zest in a bowl. Mix until the tea leaves are soaked enough to stay under water. Set in the refrigerator overnight.

Pour the mixture through a strainer, pressing on the leaves to get all the liquid. You will have about cup strong tea. Discard the tea leaves and orange zest.

Combine the tea with the simple syrup and orange juice. Place in the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 pint.

Champagne Sorbet

Alcohol sorbets defrost quickly, so leave his in the machine until moments before serving. Serve as apart of a long dinner or for dessert with fresh strawberries.

1 split bottle (1 1/2 cups) chilled Champagne

3/4 cup of simple syrup

Pour the Champagne and simple syrup into the bowl of the machine and freeze 25 minutes.

Makes 2 $\frac{1}{2}$ cups.

Calvados Sorbet

Traditional formal French dinners included a non-sweet sorbet in the middle of the meal as a palate cleanser. We find they can be a fun course even for simple dinners, especially in the summer. Very small portions are all that are needed. One half cup will serve 3 to 4 dinners.

3/4 cup plus 3 tablespoons Calvados

4 $\frac{1}{2}$ teaspoons simple syrup

Heat 1/2 cup Calvados in a saucepan over medium heat until warm.

Turn off the heat, stand back and touch a lit match to the Calvados. Let it flame until the flames die down, about 4 minutes. Stir in the remaining inflamed Calvados and simple syrup.

Pour the mixture into the bowl of the machine and freeze about 15 minutes.

Makes about 1/2 cup.

Sherbets

Sherbets are ices, usually fruit-flavored, similar to sorbets (sometimes the words are used interchangeably) but sherbets usually have more ingredients, such as milk, egg whites or gelatine. We've made our milk sherbets with the dieter in mind, using skim and non-fat dry milk instead of whole milk. The fruit recipes can be varied in infinite ways by changing the fruits used. Consider peaches, pears or apricots.

Our fruit sorbets can be turned into sherbets if you add a beaten egg white to the mixture after it is partially frozen.

Vanilla Ice Milk

This is a basic recipe. You may add other flavorings, fruit purée or nuts according to taste.

1 $\frac{1}{2}$ cups of skim milk

1/4 cup sugar

3 tablespoons non-fat dry milk

3/4 teaspoon vanilla extract

Heat the milk, sugar and non-fat dry milk in a saucepan, stirring until the sugar and dry milk are dissolved. Cool thoroughly. Stir in the vanilla.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1½ pints.

Chocolate Ice milk

This delicious treat is much lower in calories than a traditional chocolate ice cream.

1 pint (16 ounce) milk
1/2 cup plus 2 tablespoons sugar
2 ounces unsweetened chocolate

Heat the milk and sugar together in a saucepan. In another saucepan, melt the chocolate slowly over low heat. When smooth, gradually add the milk-sugar mixture to the chocolate, stirring constantly to keep the chocolate smooth. Cook over medium heat until the mixture is smooth. Cool thoroughly. Pour the mixture into the bowl of the machine and freeze 25-30 minutes.

Makes 1 pint.

Strawberry Milk Sherbet

1 cup skim milk
1/4 cup sugar
3 tablespoons non-fat dry milk
3/4 teaspoon vanilla extract
1/2 pint strawberries, washed hulled and coarsely chopped
1½ teaspoons fresh lemon juice

Heat the milk, sugar and non fat dry milk in a saucepan, stirring until the sugar and dry milk are dissolved. Cool thoroughly. Stir in the strawberries, lemon juice and vanilla.

Pour the mixture into the bowl of the machine and freeze 25 -30 minutes.

Makes 1 pint.

Frozen Yoghurt

Yoghurt can replace the cream in ice cream, giving a smooth and creamy-although not as rich-result. Once you've made your own frozen yoghurt, even using commercially-flavored yoghurt, you'll never go back to the store-bought variety.

As with the ice creams, you can add myriad chunked flavoring to frozen yoghurts, including chopped fruits or nuts or a healthy sprinkling of wheat germ.

Fresh Frozen Strawberry Yoghurt

1 pint strawberries, washed and hulled
1 cup unflavored yoghurt

1/2 cup of honey

Purée the strawberries in a food processor. Put the yoghurt, honey and strawberry purée into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 2 $\frac{1}{2}$ cups.

Frozen Strawberry Yoghurt

2 cups commercial strawberry yoghurt.

Place the yoghurt in the bowl of the machine and freeze 25 minutes.

Makes 1 pint.

Honey Frozen Yoghurt

2 cups unflavored yoghurt

1/2 cup honey

Pour the yoghurt and honey into the bowl of the machine and freeze 25 minutes.

Makes 1 pint.

Carob-Honey Frozen Yoghurt

1 $\frac{1}{2}$ cups unflavored yoghurt

1/4 cup honey

1/4 cup plus 2 tablespoons carob

Mix the yoghurt, honey and powdered carob in a bowl until smooth.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 pint.

Honey Yoghurt Ice cream

2 large eggs

1 cup of honey

1 pint (16 ounces) unflavored yoghurt

Beat the eggs until fluffy. Slowly beat in the honey and continue to beat until light and pale. Fold in the yoghurt.

Pour into the bowl of the machine and freeze 25 to 30 minutes.

Makes about 1 $\frac{1}{2}$ pints.

Sauces

Although ice creams made in the Amstrad are undeniably creamy and rich, sometimes

we seek total self-indulgence. For these occasions, a thick, sweet topping or a fresh fruit sauce make the superb divine.

We include a recipe for one simple fruit sauce. You can easily make others by reserving some of the mixture from most of the fruit sorbet recipes to use as a sauce.

Raspberry Sauce

Two 10-ounce packages frozen raspberries packed in syrup, defrosted juice of 1/2 lemon.

Place the raspberries in the work bowl of a food processor fitted with the steel blade .Add the lemon juice and process until smooth. Press through a strainer to remove the seeds.

Makes about 2 cups.

Note: This sauce can be made with other fresh or frozen fruits. If using fresh fruit, add sugar to taste.

Butterscotch Sauce

Beautifully rich and creamy.

1 1/2 cups firmly packed dark brown sugar

1/2 cup light corn syrup

4 tablespoons unsalted butter

1/4 teaspoon salt

2 tablespoons water

2 teaspoons vanilla extract

1/2 cup heavy cream

Mix the brown sugar, syrup, butter, salt and water in a saucepan and bring to full boil. Immediately remove from the heat, stir in the vanilla, then slowly pour in the cream.

Serve warm or cooled.

Makes 1 1/2 cups.

Caramel Sauce

A wonderfully gooey sauce.

1 1/4 cups sugar

1/2 cup corn syrup

Pinch of salt

1/2 cup plus 1 tablespoon heavy cream

Place the sugar in a heavy saucepan over medium heat and stir continuously until the sugar becomes liquid. Crush any lumps against the side of the pan. Cook only until the sugar is golden brown. If there are persistent lumps, remove the pan from the heat and continue to stir vigorously until the lumps dissolve.

Return to the heat and slowly pour in the corn syrup, stirring rapidly.

Add the salt and slowly pour in the heavy cream.

Serve warm.

Makes 1½ cups.

Hot Fudge Sauce

Guaranteed to make a lush hot fudge sundae.

1/2 cup heavy cream

3 tablespoons unsalted butter

1/3 cup sugar

1/3 cup firmly packed dark brown sugar

1/8 teaspoon salt

1/2 cup unsweetened cocoa, sifted

Combine the cream and butter in a saucepan. Stir over medium heat until the butter melts and the cream just begins to boil. Add the sugars. Gently heat and stir until the sugars are completely dissolved.

Add the salt and cocoa, whisking continuously over low heat until smooth. If there are any remaining bits of cocoa, press them against the side of the pan with a spoon or spatula until they dissolve, then stir them into the sauce.

Serve immediately.

Makes 1 cup.

Note: This sauce keeps well in the refrigerator, but it may thicken when chilled. Reheat very slowly in a double boiler, adding hot water a few drops at a time, if necessary.

Myths abound about the origin of the ice cream sundae. In all stories the spelling is a variant on Sunday. Essentially an ice cream soda without the soda, it was said to appeal to Sabbath observers who wouldn't drink soda on Sunday.

Frozen Drinks

If you are having a party, the Amstrad can help you make wonderful slushy drinks for everyone at once- without using ice. You can even make drinks before your guests arrive and greet them at the door with thick, frosty creations in hand.

Although all our recipes are for alcoholic drinks, you can make non-alcoholic ones like slushy lemonade as well. Allow less freezing time to make non-alcoholic drinks slushy and drinkable rather firm like sorbets.

Pina Colada

This is good, it could be a dessert.

One 16-ounce can crushed pineapple, drained
3/4 cup coconut cream
dashes bitters
1 dash salt
3/4 cup water
3/4 cup rum

Purée the pineapple in a food processor. You should have about 1 $\frac{1}{2}$ cups of purée. Place the purée in the bowl of the machine with the remaining ingredients and freeze 25 to 30 minutes, depending on how firm you like your drinks. Serves 4.

Banana Daiquiri

3 ripe bananas
1/4 cup fresh lemon juice
1/2 cup rum
1/4 cup plus 2 tablespoons superfine sugar
1/2 cup water

Working quickly to keep the bananas from darkening, peel and place them in a food processor with the lemon juice. Purée until smooth, then stir in the remaining ingredients.

Pour the mixture into the bowl of the machine and freeze 25 to 30 minutes, depending on how firm you like your drinks. Serves 4.

Strawberry Daiquiri

This is a potent brew, but you can replace some of the rum with water if you prefer. We like these garnished with additional fresh berries.

1 $\frac{1}{2}$ pints strawberries, washed and hulled
1/4 cup plus two tablespoons superfine sugar
1/4 cup plus two tablespoons fresh lemon or lime juice
1 cup rum

Purée the strawberries in a food processor. Place the purée in the bowl of the machine with the remaining ingredients and freeze 25 to 30 minutes, depending on how firm you like your drinks. Serve 4.

Frozen Margarita

1/2 cup tequila
 1/4 cup plus two tablespoons triple secretary
 1/2 cup fresh lemon or lime juice
 3 tablespoons water

Pour all the ingredients into the bowl of the machine and freeze 25 to 30 minutes, depending on how firm you like you drinks.

While the mixture is freezing, rub the rims of 4 glasses with a lemon wedge. Dip the rims in salt.

Serve the drinks in the salted glasses. Serve 4.

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