

Elderflower & Lemon Ice-cream in an Elderflower Ice Bowl

Ingredients

- 3 egg yolks
- 3 egg whites
- 2 oz caster sugar
- 5-6 tablespoons of elderflower cordial
- 1 tablespoon of grated lemon peel
- 275 ml double cream
- Optional extra : broken up caramelized nut brittle



Method

1. Beat egg whites until stiff and gradually beat in sugar.
2. In another bowl beat egg yolks until beginning to thicken and beat in elderflower cordial and lemon peel.
3. Whip cream lightly and then fold into egg yolk mixture and egg whites.
4. Place in a freezer container overnight to freeze. There is no need to re-whip.

Ice bowl

5. You need one freezable bowl which will fit inside another e.g. 16cm and 22cm, some slices of lemon and a collection of elderflower sprigs and leaves. Also some runny honey.
6. Brush insides of bigger bowl with honey to help stick on the flowers.
7. Place a few slices of lemon on the base of larger bowl and place smaller bowl on top.
8. Weight smaller bowl with eg a bag of frozen peas.
9. Place leaves, flower heads and lemon slices in the gap between the bowls. Freeze for 30 minutes until water begins to freeze.
10. Periodically push down the flowers etc into the freezing water, adding more water as necessary to fill the gap between the bowls.
11. Freeze 24 hours.

To assemble final dish

12. Remove frozen bowl from freezer and remove bag of peas. Pour warm water into small bowl to loosen it from larger bowl.
13. Dip large bowl in warm water and then tip ice bowl out. Put in freezer until ready to use.
14. Take ice cream out of freezer to slightly soften. Using an ice cream scoop make “balls” of ice-cream. Place on a baking tray and return to freezer until ready to use.
15. At point of service place ice bowl on a plate and fill with frozen ice cream “balls”.
16. Once placed in individual bowls, caramelized nut brittle may be sprinkled on top

Notes