

**7 DELICIOUS**



**ICECREAM DESSERTS**

# 7 Delicious Icecream Desserts

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Welcome to 7 mouth-watering recipes for icecream desserts. On the following 7 pages you will find recipes for heaven on earth :-)

Enjoy!

Odinn Sorensen &  
Stella Helena Hjelme (Odinns mother)



# Delicious Icecream Dessert #1

## Banana Yogurt Ice

1 pound (450 g ) Bananas  
1 tablespoon (15 ml spoon) lime or lemon juice  
2 ounces (50 g) soft brown sugar  
½ pint (300 ml) thick plain yogurt

Put the bananas in a bowl and mash with the lime or lemon juice and sugar.

Whisk in the yogurt. Spoon the mixture into a container.

Cover and freeze until firm, beating 3 times at 45-minute intervals.

About 30 minutes before serving transfer the ice creme to the refrigerator.

Serve with creme fraiche decorated with strips of lemon or lime peel.

### **LOW CALORIE VERSION:**

Replace the brown sugar with fructose, or a low calorie or artificial sweetener!!

# Delicious Icecream Dessert #2

## Apricot Yogurt Ice

4 ounces (100 g) dried apricots  
2 ounces (50 g) clear honey  
½ pint (300 ml) plain yogurt  
2 egg whites, whisked until stiff  
Fine strips of twisted lemon peel, for decoration

Soak the apricots in ½ pint (300 ml) hot water for at least 4 hours or overnight.

In a saucepan cook the apricots gently in the soaking liquor with the honey for about 20 minutes until soft. Purée the apricots with the liquor and the yogurt.

Leave to cool completely. Fold in the egg whites and pour into individual containers.

Cover and freeze until firm.

About 20 minutes before serving transfer the ice to the refrigerator.

Decorate each portion with a twist of lemon peel as it is served.

### **LOW CALORIE VERSION:**

Substitute fructose, or a low calorie or artificial sweetener for honey, adding it to the cold purée.

# Delicious Icecream Dessert #3

## Quick Apricot Ice Cream

Serves 4 - 6 pers.

Approximately 14 ounce (400 g ) can apricots  
Approximately 14 ounce (400 g) can condensed milk  
Juice and finely grated zest of 1 large, juicy lemon  
1/4 pint (150 ml) cream, whipped

Drain the apricots, purée the flesh and make up to 12 fluid ounces (300 ml) with some of the juice.

Whisk the purée with the condensed milk and lemon juice and zest in a bowl or mix in a food processor or a blender. Fold in the cream.

Pour the mixture into a container, cover and freeze until firm, beating well after about 1½ hours.

About 30 minutes before serving transfer the ice cream to the refrigerator.

# Delicious Icecream Dessert #4

## Chocolate Ice Cream

Serves 4 - 6 pers.

750 ml / 1 1/4 pints / 3 cups milk  
10 cm / 4 in piece of vanilla pod  
4 egg yolks  
115 g / 4 oz / 1/2 cup granulated sugar  
225 g / 8 oz plain chocolate, chopped into small pieces.

1) Heat the milk with the vanilla pod in a small saucepan.

Remove from the heat as soon as small bubbles start to form on the surface.

Do not let it boil. Strain the milk into a jug and set aside.

2) Using a wire whisk or hand-held electric mixer, beat the egg yolks in a bowl.

Gradually whisk in the sugar and continue to whisk until the mixture is pale and thick.

Slowly add the milk to the egg mixture, whisking after each addition.

When all the milk has been added, pour the mixture into a heatproof bowl.

3) Place the bowl over a saucepan of simmering water and add the chocolate.

Stir over a low heat until the chocolate melts, then raise the heat slightly and continue to stir the chocolate-flavoured custard until it thickens enough to coat the back of a wooden spoon lightly.

Remove the custard from the heat, pour into a bowl and allow to cool, stirring occasionally to prevent skin forming on the surface.

4) Freeze the chocolate mixture in an ice cream maker, following the manufacturer's instructions, or pour it into a suitable container for freezing.

Freeze for about 3 hours, or until set. Remove from the container and chop roughly into 7.5 cm / 3 in pieces. Place in a foodprocessor and chop until smooth.

Return to the freezer container and freeze again. Repeat two or three times until the ice cream is smooth and creamy.

# Delicious Icecream Dessert #5

## White Chocolate Parfait

Serves 10 pers.

225 g / 8 oz white chocolate, chopped into small pieces  
600 ml / 1 pint / 2½ cups whipping cream  
120 ml / 4 fl oz / ½ cup milk  
10 egg yolks  
15 ml / 1 tbsp caster sugar  
40 g / 1½ oz / ½ cup desiccated coconut  
120 ml / 4 fl oz / ½ cup canned sweetened coconut milk

- 1) Have a 1.4 litre / 2 1/3 pint / 6 cup terrine ready in a cool place.
- 2) Melt the chopped white chocolate with 50 ml / 2 fl oz / 1/4 cup of the cream in a heatproof bowl set over a saucepan of simmering water. Stir continually until the mixture is smooth. Set aside.
- 3) Put the milk in a pan. Add 250 ml / 8 fl oz / 1 cup of remaining cream and bring to boiling over a medium heat stirring constantly
- 4) Meanwhile, whisk the egg yolks and caster sugar together in a large bowl, until thick and pale.
- 5) Add the hot cream mixture to the yolks, whisking constantly. Pour back into the saucepan and cook over a low heat for 2 - 3 minutes, until thickened. Stir constantly and do NOT boil. Remove the pan from the heat.
- 6) Add the melted chocolate, desiccated coconut and coconut milk, then stir well and leave to cool. Whip the remaining cream in a bowl until thick. Then fold into the chocolate and coconut mixture.
- 7) Put the parfait in the terrine and the rest in a container to make iceballs.
- 8) Remove from the freezer about 15 minutes before serving, to allow the cream to soften slightly. When ready to serve, cut into slices, and decorate with coconut curls and grated dark chocolate.

# Delicious Icecream Dessert #6

## Coffee Ice Cream

Serves 4 - 5 pers.

6 ounces (175 g) unsalted butter, chopped  
12 fluid ounces (350 ml) milk  
4½ ounces (115 g ) caster sugar  
Few drops of vanilla essence  
2 tablespoons ( 2 x 15 ml spoons) instant coffee granules

Put the butter, milk and sugar in a saucepan and heat gently until the butter has melted and the sugar dissolved.

Then bring to just boiling point.

POUR into a blender, add the vanilla essence and coffee and blend in 4 bursts of 10 seconds each.

Leave to cool.

Pour the mixture into a container. Cover and freeze until firm, beating twice at hourly intervals.

About 30 minutes before serving, transfer the ice cream to the refrigerator.

Decorate with grated chocolate and chocolate-covered coffee beans.

# Delicious Icecream Dessert #7

## Passion Fruit Ice Cream

Serves 6 pers.

8 ripe passion fruit  
1 teaspoon (5 ml spoon) lemon juice  
2 eggs, separated  
4 ounces (100 g) caster sugar  
½ pint (300 ml) cream, whipped

For decoration:

Pulp and seeds of 1 passion fruit and whipped cream

Cut the passion fruit in half and scoop the pulp out into a sieve placed over a bowl. Press through the sieve to extract as much juice as possible. Discard the seeds. Add the lemon juice.

Whisk the egg yolks and half the sugar in a bowl until very thick and light.

In another bowl, whisk the egg whites until stiff but not dry.

Gradually whisk in the remaining sugar. Fold the egg yolks into the passion fruit mixture then the cream and egg whites.

Freeze in a 1 3/4 pint (1 litre) loaf tin or mould until firm.

About 20 minutes before serving, unmould the ice cream on to a cold plate, spoon the passion fruit pulp and seeds down the centre and finish with whipped cream.

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Thanks,  
Odinn & Stella