



In the Kitchen

with Barb Agee * August 2016

Frozen



What better way to finish a meal on a hot summer day than with homemade ice cream, sherbet, sorbet, gelato, granita or semifreddo.

Frozen Honey Cream

1¾ cold heavy cream

¾ cup wildflower or orange blossom honey

4 large egg yolks

In a medium bowl, using an electric mixer, beat cold cream to stiff peaks, then refrigerate.

In a small pot, bring honey to a boil over medium-high heat and cook for 2 minutes; set aside.

In another medium bowl, beat eggs until pale yellow. With the mixer running, add hot honey in a slow, steady stream. Beat on high until mixture has cooled to room temperature, about 5 minutes.

With a rubber spatula, fold in whipped cream. Transfer to a chilled 5x10-inch loaf pan. Cover, pressing plastic wrap to the surface of the ice cream. Cover pan with another layer of plastic wrap. Freeze until set, 4 hours. *Serves 8 to 10*

Blueberry Semifreddo

2 cups fresh blueberries

2 tablespoons sifted powdered sugar

3 eggs

2 egg yolks

¾ cup sugar

1 teaspoon almond extract

2 cups heavy whipping cream

To make the blueberry puree, combine the blueberries and powdered sugar in a food processor; pulse until smooth. Pour through a mesh strainer into a small bowl; set aside.

Place eggs, egg yolks, sugar and almond extract in a heat proof bowl over a pan of barely simmering water. Using a hand held mixer, beat the mixture for 6 to 8 minutes until it is pale and thickened. Remove from heat and beat for an additional 6 to 8 minutes until cool.

In a separate bowl, beat the whipping cream until thick. Gently fold into the egg mixture until smooth. Pour into a 3 quart freezer safe container. Spoon the blueberry puree over the top and use a rubber spatula to gently fold it into the cream so it looks like swirls. Cover and freeze for 6 hours or overnight. *Serves 10*



BSC School of Cooking

<http://www.BayviewSchoolOfCooking.com>

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Melon Granita

1 medium-sized melon, such a cantaloupe or honeydew $\frac{3}{4}$ cup cold water
 $\frac{3}{8}$ cup sugar Pinch of salt
1 teaspoon freshly squeezed lemon or lime juice

Peel the melon, split in half and scoop out the seeds. Cut melon into chunks and puree in a blender or food processor with sugar, lemon or lime juice, water and salt until completely smooth. Pour mixture into 9 x 13-inch glass baking dish and place in the freezer. Check after about 1 hour. Once it begins to freeze around the edges, take a fork and stir the mixture, breaking up the frozen parts near the edges into smaller chunks, raking them toward the center. Put the mixture back in the freezer. Continue to check mixture and continue to break up frozen parts every 30 minutes until fine crystals have formed through out mixture. *Serves 4*

Mango Banana Sorbet

Two 16 ounce packages frozen mango chunks, broken apart $\frac{1}{3}$ cup freshly squeezed lime juice, divided
 $\frac{1}{2}$ cup sugar 3 tablespoons light rum, divided
1 large very ripe banana, sliced, divided $\frac{1}{4}$ teaspoon salt, divided

Combine mango chunks and sugar in a large bowl; toss to mix. Let stand 10 minutes and toss again. Place half of the mango, half of the banana, half of the lime juice and half of the salt in the food processor. Process for 3 minutes or until mango and banana mixture is smooth. Transfer to a bowl and stir in half of the rum; freeze. Repeat procedure with the remaining ingredients. Combine both mixtures together. Serve immediately or freeze until ready to serve. *Serves 8*

Lemon Verbena Buttermilk Sherbert

1 cup granulated sugar $2\frac{1}{2}$ cups cold whole-milk buttermilk
 $\frac{3}{4}$ cup water 1 tablespoon lemon zest
3 tablespoons packed, coarsely chopped lemon verbena Dash of salt

Combine sugar, water and lemon verbena in a saucepan, stirring until sugar is dissolved. Bring to a boil; boil 2 minutes. Remove from heat; let stand 30 minutes. Pour syrup through a fine sieve into medium sized a bowl; discard solids. Stir in buttermilk; zest and salt. Chill 1 hour. Pour mixture into the freezer can of an ice-cream freezer; freeze according to the manufactures instructions. Spoon sherbet into a freezer safe container; cover and freeze for 1 hour or until firm. *Makes 8 servings*

Ice Cream Cookies

$\frac{1}{2}$ cup powdered sugar 2 teaspoons vanilla
 $\frac{1}{2}$ cup butter, at room temperature $\frac{1}{2}$ teaspoon baking soda
 $\frac{1}{2}$ cup cooking oil $\frac{1}{2}$ teaspoon cream of tarter
 $\frac{1}{2}$ cup granulated sugar $\frac{1}{2}$ teaspoon salt
1 egg $2\frac{1}{2}$ cups flour

In a large bowl, beat powdered sugar, butter, cooking oil and granulated sugar together until smooth. Add egg and vanilla; beat to combine. In a medium bowl, mix dry ingredients together and add to the sugar mixture. Wrap dough in plastic wrap and refrigerate for 30 minutes. Roll dough into 1-inch balls and roll each ball in sugar; place on ungreased baking sheets. Bake at 375°F for 8 to 10 minutes. Remove to a cooling rack. *Makes 30 cookies*