

## Ice Creams and Sorbets



*The key difference between an ice cream and a sorbet is that an ice cream is made with eggs and a sorbet is made with a sugar syrup.*

*Crème fraîche is readily available in France and our crème fraîche sorbet enables us to have the richness of an ice cream in a sorbet format. This recipe is wonderfully flexible and enables us to pair the flavours of our desserts throughout the season.*

*We also have a savoury version using our favourite soft goat's cheese, see below!*

### Crème fraîche sorbet

128 g sugar  
50 g water  
500g crème fraîche  
Pinch of salt

Dissolve 128 g sugar into 50 g water with a pinch of salt and cool. (2 or 3 minutes in a tall plastic jug in the microwave works well)

Whisk in about 500g of full fat crème fraîche to form an emulsion (in the same way that oil and vinegar combine in a salad dressing). Churn in an ice cream machine, transfer to a container and freeze. (We find a shallow long container works best to be able to use an ice cream baller).

We find the basic recipe works really well with our chocolate fondants as it cuts the sweetness of the chocolate.



You can add in fresh or dried fruits, chocolate chips, vanilla essence, candied peel or nuts or jams (cherry is great!)

Throughout the season we try lots of variations to pair with our other desserts, which you can find on our website:

### Variations:

**Cherry Clafoutis**, stir through some bitter cherry jam, or chocolate chips

**Gâteau de Séville**, orange marmalade or candied orange peel

**Prune & Armagnac soufflé**, blend with a little of the puree

**Peach or Nectarine Clafoutis**, fresh raspberries or try our Lemon Verbena ice cream recipe

**Paris-Brest**, works well with chocolate chips and honeycomb or coffee essence

**Sweet macarons**, we always serve these with our Lemon Verbena ice cream which uses up the egg yolks!

### **Lemon verbena ice cream**

**(this method does not require an ice cream machine)**

- 2 lemons zested and juiced or 90 ml of lemon juice
- 3 egg yolks
- 125 g castor sugar
- 325 ml lightly whipped cream
- Lemon verbena leaves (optional)



Reduce the 90 ml of lemon juice (and lemon verbena leaves optional) over a high heat to yield around 35ml in a small saucepan then discard the leaves.

Dissolve the sugar in the reduced lemon juice, stirring to ensure all granules have dissolved. Whisk the egg yolks with the lemon zest. Bring the lemon juice to the boil and pour slowly over the yolks while beating vigorously until it is cool and very thick.

Fold in the lightly whipped cream and freeze in a flat container (always easier to get out than a deep one!).

This recipe works well without using an ice cream machine – equally if you prefer to use a machine do so!

### **Pot de crème au citron – served in a glass**

- 50-75 ml single cream per person
- Allow zest & juice of 1 lemon per 200 ml cream
- 50 g castor sugar per 200 ml cream (or to taste)
- Pinch of salt

Zest and juice the lemons.

Place cream and sugar in a small saucepan and stir gently until the sugar has dissolved. (We add some lemon verbena leaves to both the sugar and the cream – optional)

Bring to the boil; whisk in the rind and juice, reduce the heat and keep gently boiling for three minutes. Cool and pour into small glasses (shot or sherry glasses are ideal). Chill for about three hours in the fridge.

Optional variations: layer with raspberries or other soft fruit, pipe with fresh cream, top with honeycomb, top with toasted flaked almonds.



### **Bitter chocolate sorbet (dairy free)**

- 200 ml water
- 125 g castor sugar
- 90 g chocolate, minimum 70%, (check that your chocolate is dairy free, Lindt usually is)
- 90 g cocoa powder
- 100 g ice

Put the sugar and cocoa powder in a pan with 200 ml water. Whisk well to remove any lumps. Place over a medium heat and bring to the boil. Continue whisking and cooking the mixture until it thickens, about 5 mins. Break the chocolate into pieces in a bowl and pour the cocoa mixture through a fine sieve onto the chocolate. Allow to sit for 5 minutes to melt the chocolate and then whisk together. Add the ice and whisk until the ice has melted. Churn in an ice cream machine OR transfer to the freezer and whisk every hour to remove the ice crystals. Remove from the freezer 10

minutes or so before required to allow to soften – using an ice cream scoop we make up balls in containers or on Chinese spoons to serve (see above photos)

### ***Goats cheese sorbet***

- 160 g good quality crème fraîche
- 80 g soft goats cheese (buy the best quality for a creamier finish (Chavroux is good!))
- 30 g sugar
- 15 ml water
- Salt to taste, chopped chives (optional)

Dissolve 30 g sugar into 15 g water with a pinch of salt and cool.

Whisk the syrup into the crème fraîche to form an emulsion. Mix in the goat's cheese and chives.

Churn in an ice cream machine, transfer to a container and freeze. We serve about 50 g per person on little Chinese spoons.

### ***Roasting strawberries and other soft fruits***

Heat oven to 190C.

When dealing with bland winter fruit or summer strawberries, peaches, nectarines or apricots picked too soon, roasting will breathe new life into them. Roasting intensifies the flavor and tenderizes firm, under-ripe fruit. Add to this a subtle use of aromatic ingredients like lemon, vanilla, pink pepper and rosewater to transform the flavour

Trim the fruit and toss with icing sugar, a pinch of salt, a splash of lemon juice and then a little optional rosewater, pepper and/or vanilla.

Place in a roasting dish and stir once or twice until the juices run and the fruit is fork-tender. This can take 15-20 minutes, sometimes longer depending on how ripe the fruit is. Serve warm or chilled.

Store in an airtight container, refrigerated for up to 2 weeks.

### ***Honeycomb (use as a garnish or crush into cream fraîche sorbet)***

- 80 g castor sugar
- 12 g liquid honey
- 30 g glucose
- 3.5 g bicarbonate of soda

Prepare a flat tray with some baking paper.

Warm the sugar, honey and glucose and stir until fully combined. Gently simmer until a rich golden, brown colour, the caramel should reach about 150C. Be careful not to let the mixture overheat or it will get a bitter taste.

When you have the desired colour quickly whisk in the bicarbonate of soda for 5-10 secs.

The mixture will foam very quickly– you then need to “pour” it onto baking paper – allowing the mixture to drop from the pan rather than pushing it with a spatula as this keeps the air in.

Allow it to cool and harden. You can then score it with a knife into shards or pieces.

You can did the honeycomb into chocolate or add a little smoked salt to the mixture.

Store in an airtight container for a couple of weeks. Any moisture will turn it soft very quickly!