

ICE CREAM WITHOUT (MUCH) CREAM

EVERYBODY is asking how to make ice cream without cream, as well as mock cream for using on fruit-salads and cold desserts. So here are some recipes as practical as I can find. Town dwellers know that they can get good cream by keeping the ordinary unopened milk-bottles in a refrigerator or cold safe for an extra day. Three bottles of milk will give nearly a breakfast cup of cream. Full-cream milk-powder is a great help, but it is in short supply. Sweetened condensed milk is another good ingredient.

Home-Made Freezer

Put 3 or 4 inches of chopped ice in the bottom of kerosene tin or bucket (you may be able to get the ice from the dairy factory or butcher). Sprinkle the ice with coarse dairy salt—roughly 2 ozs. salt to a pound of ice. On this ice place a big billy containing your ice-cream mixture. Fill up all the space between the billy and the bucket with layers of ice and salt, and also cover the top of the billy in the same way. Leave in cold place. Every now and then you will have to take out the billy, stir up your ice cream well, and put it back again.

Custard Ice Cream

Just make a good custard with custard powder or, better still, eggs—using 1 egg to ½ pint milk, a dessertspoon of sugar, and flavouring to taste. Best strain it before freezing. Very good.

Ice Cream Delicious

A good blancmange will taste just like ice cream if after making and cooling, a tin of sweetened condensed milk is beaten into it. Chill in refrigerator or very cool place.

Ice Cream with Egg-White

One cup cream; 1 egg white; ¼ cup icing sugar; pinch of salt; ½ teaspoon vanilla essence; milk (if desired). Beat cream until slightly thickened, then add about 1-3rd or ½ cup of milk and icing sugar. Add vanilla and beat again for a few minutes until it begins to thicken. Then add stiffly beaten egg-white and salt. Freeze. The milk may be omitted. It is richer without, but more economical with milk. Serve with fine wafer biscuits.

Rich Ice Cream

One pint milk; 3 tablespoons full cream milk powder (beaten with a little extra milk); 2 dessertspoons custard powder; 1 or 2 tablespoons sugar to taste; 3 tablespoons sweetened condensed milk; vanilla. Bring this to the boil in a double saucepan, but do not boil. Add 2 teaspoons gelatine dissolved in a little water. Put into freezer for 1 hour. Take out and beat well again, and put back. Very rich.

Tamaki Ice Cream

Half a cup sugar; ½ packet jelly crystals, any flavour. Put in saucepan with little hot water till melted. Put 3 cups milk in basin (or 2 cups milk and 1 cup cream), pinch salt, add sugar and

jelly mixture, and beat well with beater. Put in refrigerator to freeze—when just set, beat with fork, and freeze again.

Tea-Flavoured Ice Cream

Bring 1 pint of milk to the boil and pour it over 4 dessertspoons of tea. Allow to infuse for 5 minutes, then strain. Beat up 4 eggs and add to this tea-infusion, then stir in ¼lb. castor sugar. Place the basin in a pan of boiling water, and cook, stirring, until the mixture will coat the spoon. Cool, then add a breakfast cup of whipped cream (top milk). Finally stir in vanilla or any preferred essence or just leave the tea flavour. Freeze.

Almond Ices

Blanch 6 oz. almonds and chop finely. Mix a good pinch of salt with 1½ cups castor sugar and stir in the almonds. Add gradually a pint of cream, stirring very thoroughly. Stand in outside pan of boiling water and cook for ten minutes without actually boiling the mixture. Remove from heat and stir in, little by little, 2 well beaten eggs. Strain, add 2 teaspoons of vanilla essence (or a little less) and freeze. Serve in individual glasses, topped with a cherry, strawberry or raspberry and a couple of whole almonds.

Economical Ice Cream

This may be used without the cream. Add vanilla or any desired flavour, such as pineapple or passion-fruit. Should be taken out of tray and beaten with egg-beater when firm, but not frozen—in fact you may do this 2 or 3 times during freezing. This is the recipe—just mix together well one tin sweetened condensed milk, the same empty tin filled with milk, and then again filled with cream.

Junket Ice Cream

Take 2 cups fresh milk, add rennet to make a junket. When in the setting stage, add 1 cup of sugar, and beat well with egg beater. Then stir in 1 large cup of cream. Add about a teaspoon of vanilla essence, pour into tray, and place in freezer. It sets firmly, and it is not as sickly as other ice creams.

Custard Ice Cream

One and a quarter cups top milk, 2 eggs, ½ cup sugar, 1 dessertspoon flour, 2 teaspoons vanilla, 1-8 teaspoon salt. Scald milk, beat yolks of eggs, adding sugar and flour. Combine with hot milk, and cook in low heat till mixture coats a spoon like thin custard. Cool. Beat egg whites till stiff, add salt, and fold into custard. Add vanilla. Pour into tray of refrigerator and freeze.

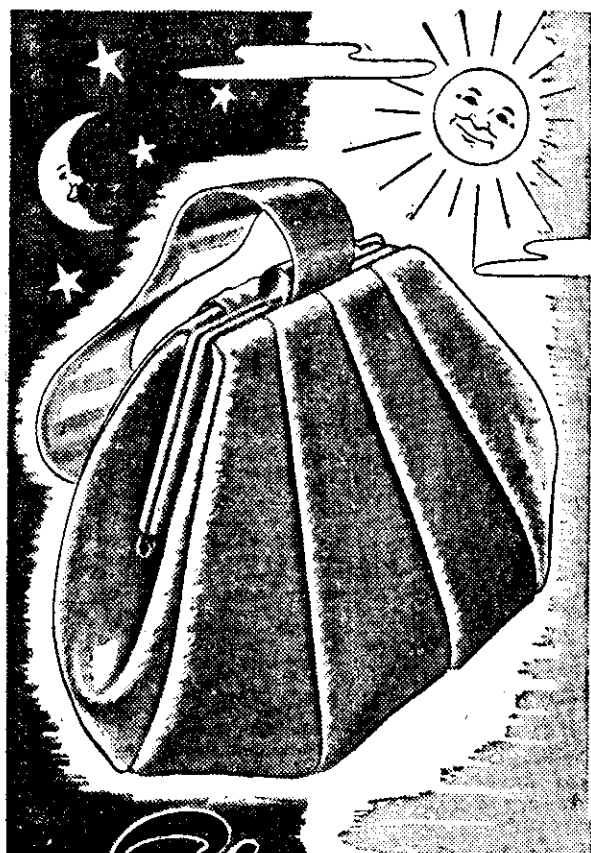
Coffee Ice Cream

Make as above, but scald 1¼ tablespoons of pure coffee with the milk, and strain it through double muslin before proceeding.

Ice Cream with Cornflour

One and a half ounces unsweetened chocolate, 1 tablespoon cornflour, 2/3rd cup sugar, 1 cup cream, 2 cups rich milk, few grains salt, 1½ teaspoons vanilla. Melt chocolate in double boiler, or in a

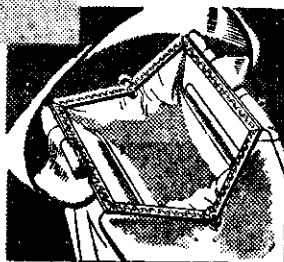
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