



Ice Cream Recipes

WE used to think of ice cream as a summer joy or a party delicacy. Nowadays ice cream is demolished in huge quantities all the year round—and a good thing, too, for it increases the daily intake of milk with its essential calcium and protein. Lots of people, both children and adults, who never drink milk, do eat ice cream and even expect it to be served at hotel dinners with helpings of apple pie or almost any other dessert. An almost universal custom, too, is to indulge in ice cream cones during the interval—even in winter. Now that so many houses have refrigerators, recipes for home-made ice cream are always being sought for—some simple, and some more luxurious and delicious sauces are often served with them.

scrape into basin and mix in with fork the $\frac{1}{2}$ pint of whipped cream. Return in trays to refrigerator to set. Delicious with raspberries or strawberries, or on its own. Makes two large trays of smooth rich ice cream.

Tamaki Ice Cream

Half a cup of sugar, $\frac{1}{2}$ packet jelly crystals, any flavour. Put in saucepan with a 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.

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 the egg beater. Then stir in 1

TO PRESERVE TROUT

SKIN and fillet trout. Cut into suitably sized pieces, sprinkle with salt and a little sugar. Pack into jars with a generous lump of butter to each jar. No moisture. The butter makes a covering for the fish when cooked. Stand jars in vessel of water and sterilise as for fruit. Screw lids on tightly as soon as cooked and leave to cool in the vessel. Next day sterilise again without loosening the lids and again cool in the vessel. Tighten lids as much as possible. Use new rubbers always. Excellent. Tastes like salmon.

large cup of cream. Add about a teaspoon of vanilla essence, pour into tray, and place in freezer. It sets firmly.

Quick Ice Cream

One tin sweetened condensed milk, the same tin full of milk, the same tin of cream. Flavour and freeze, stirring twice during freezing process.

Custard Ice Cream

One and a quarter cups top milk, 2 eggs, $\frac{1}{2}$ cup sugar, 1 tablespoon flour. $\frac{1}{2}$ pint cream or evaporated milk, 2 teaspoons vanilla, $\frac{1}{8}$ teaspoon salt. Scald milk, beat egg yolks, adding sugar and flour. Combine with hot milk and cook on low heat until the 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 freezing unit and freeze to mush. Remove from refrigerator, fold in whipped cream or evaporated milk, and freeze again.

Orange or Peach Ice Cream

Scald 1 pint of milk, pour it over 1 cup sugar mixed with $1\frac{1}{2}$ tablespoons best cornflour, and cook 15 minutes in double boiler. Add 2 well-beaten eggs and let mixture cool. When cold, add 1 cup orange juice and 1 cup cream whipped. Freeze as usual. Make peach ice cream the same way, except that you substitute peach pulp for the orange juice, using 2 cups of pulp. Sometimes a little finely-minced candied orange peel in the peach pulp is delicious. Apricot ice cream is made by substituting apricots for peaches.

Ice Cream with Tea

This is unusual and really wonderful. It is nourishing, too, and quite easy to make. It is supposed to be Russian. I am halving the quantities, because it

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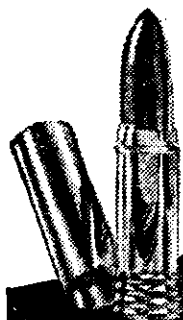
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