

No Machine Quick Ice-cream



Serves: 4 Prep Time: 15 mins Cook Time: 0 mins

OK to Freeze?



Complexity:



Ingredients

- 300ml cream
- 200g condensed milk (from a tube)
- 1 cup frozen berries, thawed
- 3 tablespoons crème de cassis or other fruit liqueur
- 1 punnet strawberries, quartered
- 1 teaspoon sugar

Method

1. Place the cream and condensed milk in a large bowl and whisk until thick and creamy.
2. Using a stick blender or food processor blitz the thawed berries to a fine puree. Strain through a sieve and discard any seeds.
3. Add the pureed fruit to the cream mixture and whisk gently to combine.
4. Add the liqueur and stir well.
5. Pour the mixture evenly, into each cavity of a silicone muffin pan or a small silicone loaf pan measuring 21cm x 10cm.
6. Place muffin pan on a baking tray (for stability) and freeze for at least four hours or preferably, overnight



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No grains, gluten or nuts.

Comments