

# **Tasting, Sampling and Sharing**

*with friends*

## **Iced Pudding with Glace Fruits**



### **Ingredients**

**Fruit for the ice cream** -Soak a 5oz mixture of apricots, raisins and any other dried fruit in 6 tablespoons of rum overnight.

### **For the ice cream**

4 egg yolks from large eggs  
4 oz (110g) of caster sugar  
15fl oz (425ml) double cream  
1 1/2oz (40g) creamed coconut grated  
7fl oz (200ml) Greek yoghurt.

**Fruit to serve with the ice cream** - Marinated dried fruits(about 12oz's) in Madeira or Marsala for the boozy version, (these can be left for a month in a sealed jar)

Or to serve freshly made -I made a sauce with the juice of two oranges and lemons with 2oz sugar brought to simmering point and thickened with cornflour then added the fruit.

### **Method**

Next day in a bowl, whisk the egg yolks and sugar together. Then in a small saucepan bring the cream up to simmering point and add the grated coconut to it, stirring until the coconut has dissolved completely.

Now pour the cream and coconut mixture onto the the egg mixture, whisking all the time – it should thicken like egg custard. Allow it to cool slightly before adding the yoghurt.

Add the fruit marinated in the rum and stir well again. Then pour the whole mixture into the pudding basin, cover with cling film and place in the freezer until almost set-this is when the ice cream has the consistency of “soft scoop” and it can take up to 7 hours to set to this stage. At this point stir thoroughly to distribute any ice crystals and fruits are very evenly distributed. Return to the freezer overnight. The ice cream will freeze but should remain soft in texture. To turn out dip briefly in hot water then slide a palette knife around the edge.

**Judith Walker 25<sup>th</sup> April 2012**