



DUCHY ORIGINALS



Ice Cream with Duchy Originals Lemon Curd

You will not need an ice cream maker for this recipe, which will set and freeze in the freezer, but you do need a sugar thermometer and a small pan. Combining good quality vanilla ice cream with velvety Duchy Originals lemon curd makes a fabulously luxurious chilled summer dessert.

Makes 1.75 litres (3 pints)

Ingredients

3 yolks from large organic eggs
75g (3oz) caster sugar
150ml (¹/₄ pint) water
¹/₂ teaspoon vanilla essence
550ml (19fl oz) double cream
300g (11oz) Duchy Originals lemon curd

Method

Whip the egg yolks in a large bowl until pale and bubbly. Reserve.
Place the sugar and water in a small pan and bring to the boil. When the solution starts to thicken, insert your sugar thermometer. You are looking to remove the pan from the heat when the temperature reaches 110 C (225 F). It will stay at 100 C (210 F) for quite a time, but will then start to creep up quite rapidly and you need to be alert or the mixture will overheat.
Remove the pan from the heat and slowly pour the contents into the reserved egg yolk, whipping constantly. You should end up with a thick, slightly runny, pale yellow mousse.
Add the vanilla essence to the cream and whip until it flows, but only just. Fold the cream into the egg yolk mixture, swirl in the lemon curd using the blunt end of a chopstick and freeze in an airtight container.
Remove the ice cream from the freezer 10 minutes before you plan to eat it.

Recipe taken from the Duchy Originals Cookbook written by Johnny Acton and Nick Sandler (Kyle Cathie £25) with photography by Jonathan Gregson