



Fig Ice-Cream.

Ingredients:

500g dried figs
500ml milk
500ml whipping cream
200g sugar
10 egg yolks
100g invert sugar syrup - optional

Method:

In a saucepan cover the figs with cold water and bring to a simmer, cook until the figs are soft and the water has reduced below the level of the fruit. Liquidise to make a fairly thick paste. This can be passed through a sieve to remove the seeds if desired.

In a mixing bowl, beat the egg yolks and sugar, as well as the sugar syrup if using, until smooth. Bring the milk and cream to a boil and pour over the sugar mix, whisking to avoid lumps. Return to the pan and stir continuously until it reaches 70°C. Pass through a sieve into a bowl set over iced water and mix in the fig puree. When cold, freeze in an ice-cream machine. The sugar syrup will help keep the ice-cream smooth for longer once frozen.