

Wendy

Beetroot Ice Cream

Ingredients

3 cups pureed beetroot (4 – 5 beetroots)

1 egg + 1 egg yolk

1 cup caster sugar

½ cup double cream

Method

Wrap Beetroots in foil and bake until tender (took mine around 2 hrs at 180 deg)

When tender, peel and dice into small cubes, place in freezer or fridge (I used the freezer to speed things up)

When cold, puree in blender or food processor and return to freezer.

Whip eggs and caster sugar until the sugar has dissolved, add cream and beetroot puree and return to freezer until really cold.

Pour cold liquid into ice cream maker until the desired consistency is met, put into a container and freeze.

This is quite a drawn out process, I had problems with dissolving the sugar into the eggs so heated a tiny bit of extra cream and poured it into the whisk while it was going to speed it up. I also put the caster sugar through the food processor to grind it down a bit finer. I was thinking of adding a bit of lemon juice or some nutmeg and cinnamon for extra flavour, but as it was a “B” day, I thought I better let the Beetroot do the talking.