



# Make Your Own Organic Ice Cream: Using Home Grown and Local Produce

*Ben Vear*

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## **Make Your Own Organic Ice Cream: Using Home Grown and Local Produce** Ben Vear

In this book the author shares the recipes of the delicious ice creams that have passed down through the family business - plus others created by Ben himself - which they supply to outlets all over the UK and abroad. Ben is not just passionate about ice cream. He also inherited his grandfather's insistence on sourcing the finest and freshest ingredients, if possible from the local community. His recipes encourage use of home-grown or locally sourced fruits and the best (local) organic milk, double cream, and water. You'll find simple, delicious ice creams such as strawberry, Butterscotch chip, Lemon meringue, Christmas pudding...even Mulled Wine. There are also sorbets such as Lime & Basil, Winter or Summer Pimms, and Sloe Vodka; and other frozen desserts, smoothies and milkshakes. And you'll discover how you can turn your own home grown fruit, or fruit you can forage in your hedgerows, into gorgeous, easy-to-make desserts that can be kept in the freezer for family meals or spontaneous supper parties. Contents: Introduction; 1. How It All Began; 2. The Basics; 3. Making the Perfect Custard; 4. Basic Flavours; 5. Spring and Summer Flavours; 6. Autumn Flavours; 7. Winter Flavours; 8. All Year Round Flavours; 9. Savoury Ice Cream; 10. Sorbet; 11. Semifreddo; 12. Toppings; 13. Finishing Touches; 14. Smoothies, Milkshakes and Thickies; Resources; Acknowledgements; Index.

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