

No	Name of Food	Ingredients	Method
1	Club Tropicana ice cream cake	<ul style="list-style-type: none"> • 1 madeira cake (we used one from M&S that comes in a large rectangular block) • 500ml tub mango sorbet • 500ml tub vanilla ice cream • 50g dark chocolate • 500ml tub raspberry sorbet • 150ml double cream, whipped • maraschino cherries, to decorate 	<ol style="list-style-type: none"> 1. Cut a piece of sponge about 5mm thick to fit a 1lb 16 x 10cm loaf tin and trim off any dark edges (off-cuts are a cook's perk). Line the loaf tin with a double layer of strong cling film and push the sponge into the base. If the madeira cake is smaller than the tin, patch any gaps – you won't see them when the cake is finished. 2. Spoon a layer of mango sorbet into the tin using three-quarters of the tub, flatten the surface using the back of a spoon and freeze for 10 mins. Repeat using the vanilla ice cream, then add another layer of sponge. Melt the chocolate and pour it over the second layer of sponge. Freeze for 10 mins, then carefully add a layer of raspberry sorbet in the same way, followed by a final layer of sponge. Cover the lot in cling film, then freeze until you need it. Turn the ice cream cake out of the tin onto a plate and peel off the cling film, then decorate the top with whipped cream and cherries. Wait 10 mins before slicing with a long, straight-edged knife. Extra cherries are optional.
2	Magical instant ice cream	<ul style="list-style-type: none"> • 300ml semi-skimmed milk • 1 tbsp caster sugar • 1 tsp vanilla paste • food colouring of your choice • 2kg ice • 12 tbsp rock salt • sprinkles 	<ol style="list-style-type: none"> 1. Place the milk, sugar, vanilla and food colouring of your choice into a medium zip-seal bag, then place this in a second bag to double bag it. 2. Squeeze the air out, close and secure with sticky tape if the seal isn't strong. 3. Tip the ice and salt into a large zip-seal bag, then place the medium bag containing the milk inside and seal well. 4. You will need to keep the bag moving for 10-15 mins to freeze the milk. Gently throw the bag from hand to hand or take turns shaking it – it's a good idea to wear gloves to keep your hands warm! 5. Remove the ice-cream bag, open and scoop into bowls. Sprinkle with hundreds & thousands.
3	Four banana ice cream sandwiches Quick banana ice cream sandwiches	<ul style="list-style-type: none"> • 200g peanut butter (crunchy or smooth is fine) • 175g golden caster sugar • 75g dark chocolate, chopped into chunks 	<ol style="list-style-type: none"> 1. Heat oven to 180C/fan 160C/gas 4 and line two large baking sheets with baking parchment. Put the peanut butter, sugar, ¼ tsp fine table salt and chocolate chunks in a bowl and mix well with a wooden spoon. Crack in the egg and mix again

		<ul style="list-style-type: none"> • 1 large egg • For the ice cream • 3 bananas, peeled, chopped and frozen in advance • 2 tbsp double cream • 1 tsp vanilla essence 	<p>until the mixture clumps together and forms a dough.</p> <p>2. Break off chunks of dough (about the size of a cherry tomato) and arrange them, spaced apart, on the sheets. Press the cookies down with the back of a fork to squash them a little. (The cookies can be frozen for up to two months – to cook from frozen, add an extra 1-2 mins to the cooking time.) Bake for about 12 mins until golden around the edges and paler in the centre. Leave to cool on the trays for 5 mins.</p> <p>3. Meanwhile, put the bananas, cream and vanilla in a food processor and blend until they make a thick ice cream. Scoop into balls with an ice cream scoop, and sandwich between the cookies. Serve immediately.</p>
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