

No	Name of Food	Ingredients	Method
1	Cinnamon ice cream	<ul style="list-style-type: none"> • 225ml milk • 1 cinnamon stick • 3 egg yolks • 100g caster sugar • 1 tsp ground cinnamon, freshly ground if possible • 450ml whipping or double cream 	<ol style="list-style-type: none"> 1. Put the milk in a pan with the cinnamon stick and bring to the boil. In a bowl, whisk together the yolks, sugar and ground cinnamon. Discard the cinnamon stick, then strain the hot milk over the yolks, whisking continuously. 2. Pour the custard mix back into a pan and cook on a low-ish heat for 8-10 mins, stirring constantly until thickened. Whisk the custard into the cream, then cool, chill and freeze in an ice-cream maker.
2	Silly twits ice cream	<ul style="list-style-type: none"> • 4 eggs • 1 tsp vanilla extract • 140g caster sugar • 300ml pot double cream 	<ol style="list-style-type: none"> 1. Separate the eggs. Beat the yolks and vanilla extract with an electric whisk until light and foamy. Clean the whisk, then in another bowl whisk the egg whites, gradually adding the caster sugar until it is thick and glossy, a bit like making meringues. 2. Lightly whip the double cream until it softly holds its shape. Mix with the yolks and egg white mixture until everything is combined. Turn into a container, cover and freeze until solid. Take out of the fridge about 10 mins before serving.
3	Rum 'n' raisin ice cream sandwich	<ul style="list-style-type: none"> • 2 tbsp raisins • 30ml dark rum • 2 scoops vanilla ice cream, softened • 4 oat and raisin cookies 	<ol style="list-style-type: none"> 1. In a small saucepan, warm the raisins in the rum for a few mins. Set aside to cool for 15 mins, then mix with the ice cream. Freeze for a few hours, or until solid. 2. Divide the ice cream between 2 cookies, then top with the other cookies.
4	Coconut, caramel & pecan dairy-free ice cream	<ul style="list-style-type: none"> • 2 x 400ml cans full-fat coconut milk • 3 egg yolks • 4 tbsp coconut sugar, or caster sugar • dash vanilla extract • 50g pecans, toasted and roughly chopped 	<ol style="list-style-type: none"> 1. Whisk the coconut milk until smooth. Measure 600ml into a saucepan and heat until just steaming. Meanwhile whisk the egg yolks with 3 tbsp sugar and the vanilla. Slowly pour the hot milk onto the yolks, whisking constantly. Wipe the pan clean, pour in the coconut and egg mixture, then cook over a medium heat, stirring for 5-6 mins until you have a thin custard. Strain and leave to cool completely, then churn in an ice cream maker. 2. To make the caramel, put the remaining coconut milk and sugar in a saucepan with a pinch of salt. Boil for 3 mins until it has the consistency of double cream. Cool, then swirl the caramel and pecans through the ice cream mix, cover the surface with cling film and freeze.

5	Easy treacle sponge	<ul style="list-style-type: none"> • 250g golden syrup • zest 1 lemon, plus juice ½ lemon • 5 tbsp breadcrumb • 200g pack butter, softened • 200g golden caster sugar • 3 medium eggs • 200g self-raising flour • 5 tbsp milk 	<ol style="list-style-type: none"> 1. Heat oven to 180C/160C fan/gas 4. Mix the syrup, lemon zest, juice and breadcrumbs and spread over the base of a 1.5 litre baking dish. 2. Beat the butter and sugar until pale and fluffy, then beat in the eggs, one by one. Stir in the flour and milk and dollop over the syrup. Bake for 35-40 mins until golden and risen, and a skewer poked into the sponge comes out clean-ish. Eat with lots of custard, cream or ice cream and extra dribbles of syrup.
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