

## *Frozen Desserts*

Churned Ice Cream  
Still-Frozen Ice Cream  
Frozen Souffles

### CREME FRAICHE ICE CREAM

There is no ice cream that compares to creme fraiche ice cream. Gelato is a poor second. Ice cream made from 40 percent butterfat cream is simply not available commercially. You will have to make it yourself. You have your choice of texture with creme fraiche ice cream. If you like dense, exquisitely creamy ice cream, churn the creme fraiche without prior whipping. If you like lighter ice cream, whip the creme fraiche before churning. If you don't want to take the time to churn ice cream, make still-frozen ice cream.

#### *Churned Ice Cream*

Old-Fashioned Chocolate Ice Cream, I  
Old-Fashioned Chocolate Ice Cream, II  
Old-Fashioned Vanilla Ice Cream  
Mint Chocolate-Chip Ice Cream  
Chocolate Chocolate-Chip Ice Cream  
Lemon Ice Cream

### OF CONCUPISCENT CURDS

Wallace Stevens, in his poem "The Emperor of Ice-Cream," refers to ice cream as "concupiscent curds." 'Concupiscent' may be defined as "lustful, carnal, sensual." To those who have made homemade, salt and ice, hand-crank ice cream, this word seems singularly appropriate. But it must be made in a salt and ice, hand-crank ice cream freezer. The new-fangled, refrigerant encased models will not do.\* But enough said. Try it, be receptive, you'll see.

#### **\*On physics and phase changes**

The new refrigerant-encased ice cream makers do not make ice cream; they make soft serve. The truly divine feature of homemade ice cream is its texture. I have never experienced anything that equals its perfect creaminess. The texture of the product from the refrigerant encased machine is that of soft serve) reminiscent of tooth paste. I cannot abide soft serve; I love homemade ice cream.

To explain the defects in the refrigerant-encased machines requires a short lesson in physics.

Converting a liquid to a solid (or a liquid to a gas) is called a phase change (a change in physical state). The amount of energy required to bring about a phase change is very large compared to the energy required merely to change temperature. In making ice cream, we are converting a liquid (cream) to a solid (ice cream). In order to bring about this phase change, we need a large source of energy such as is made available in another phase change. In the salt and ice, hand crank machine we have such a source. We are converting ice (a solid) to a

liquid (water). Voila! A phase change. (The salt is used to delay the phase change and make it occur at a lower temperature.) The energy released by this ice-to-water phase change is taken up by the cream. The temperature of the cream is lowered sufficiently to convert the cream to a solid, ice cream.

Although the refrigerant encased machine actually gets colder than the ice in the salt and ice machine, it never goes through a phase change. So it cannot release its coldness to the cream. Therefore, the cream never has enough energy to go through its phase change. Voila! Soft serve. And it's just not ice cream.

If you have never made real homemade ice cream, I suggest you do. Get a bag of rock salt, a bag of ice cubes, pack according to the instructions above, and commence to crank. It will take 15 to 20 minutes, start to finish, and you will have, well, concupiscent curds.

### **TO FREEZE ICE CREAM IN A SALT AND ICE CHURN**

1. Prepare ice cream mix. (See the following ice cream recipes.) If it is custard based, allow to age overnight.
2. Fill the ice cream drum no more than 3/4 full. Put on the cover and position the drum in the churn.
3. Place a piece of newspaper on the floor and the churn on the paper.
4. Fill 1/3 the height of the barrel with ice; sprinkle a heavy layer of rock salt and then alternate layers of salt and ice around the drum until the barrel is full. Let the churn sit for 5 minutes.
5. Commence turning the crank. Begin at a slow speed; increase gradually. (Remember, you are constructing a crystal; so crank slowly and evenly at first.) When pressure can be felt on the crank, triple the speed. The churning will become progressively harder. All of a sudden, the churn will break free and the crank will turn freely. The ice cream is done. All this will take about 15 to 20 minutes, start to finish.
6. Carefully wipe the top of the barrel so that neither salt nor ice will fall in. Remove the top, grab a spoon and experience perfection.

### **OLD-FASHIONED CHOCOLATE ICE CREAM, I**

SERVES 4

This ice cream recipe gives a very low overrun ice cream: very little air is incorporated. The ice cream is dense and rich. For a lighter ice cream, use recipe II.

*2 oz sweetened chocolate*

*2 oz unsweetened chocolate*

*3 egg yolks*

*4 tbs sugar*

*1/8 tsp salt*

*1 cup milk*

*1 cup creme fraiche*

*2 tbs instant coffee*

*1 tbs hot water*

1. Cut the chocolate into 1/2 inch cubes and melt in the top of a double boiler.
2. Mix together the sugar, salt and egg yolks. Pour on the milk.
3. Cook in a double boiler until the custard coats a spoon.
4. Add the creme fraiche. Stir to mix well.

5. Dissolve the coffee in hot water, and add to the custard. Mix well.
6. Add the chocolate to the custard mixture. Mix well.
8. Refrigerate overnight.
9. Churn in a hand-crank freezer.

### **OLD-FASHIONED CHOCOLATE ICE CREAM, II**

SERVES 4

*2 oz sweet chocolate*  
*2 oz unsweetened chocolate*  
*3 egg yolks*  
*4 tbs sugar*  
*1/8 tsp salt*  
*1 cup milk*  
*1 cup creme fraiche*  
*2 tbs instant coffee*  
*1 tbs hot water*

1. Cut the chocolate into 1/2 inch cubes and melt in the top of a double boiler.
2. Mix together the sugar, salt and egg yolks. Pour on the milk.
3. Cook in a double boiler until the custard coats a spoon.
4. Dissolve the coffee in hot water and add to the custard. Mix well.
5. Add the chocolate to the custard. Mix well.
6. Let the custard mixture cool to room temperature.
7. Whip the creme fraiche until stiff.
8. Fold the creme fraiche into the cooled custard. Refrigerate overnight.
9. Churn in a hand-crank freezer.

### **OLD-FASHIONED VANILLA ICE CREAM**

SERVES 4

*2 cups creme fraiche*  
*3 egg yolks*  
*3/4 cup sugar*  
*2 tbs vanilla extract*  
*1/2 vanilla bean*

1. Combine the creme fraiche, egg yolks and sugar. Cook until custard is just starting to thicken.
2. Cool the custard, and add the vanilla extract and scrapings from the inside of the vanilla bean to the custard.
3. Refrigerate overnight.
4. Churn in a hand-crank freezer.

### **MINT CHOCOLATE-CHIP ICE CREAM**

SERVES 4

This recipe also works well as a still-frozen ice cream. See the next section for instructions on still freezing.

*1 cup creme fraiche*  
*3 tbs green creme de menthe*

*1 tbs sugar*  
*2 oz chocolate, coarsely chopped*

1. Mix the creme de menthe and sugar with the creme fraiche. Refrigerate for at least 1 hour to let the flavors blend.
2. Churn in a hand-crank freezer. When the cream has just started to freeze, remove the lid and add the chopped chocolate. Replace the lid and finish freezing.

### **CHOCOLATE CHOCOLATE-CHIP ICE CREAM**

Serves 4

*2 oz sweet chocolate*  
*2 oz unsweetened chocolate*  
*3 egg yolks*  
*4 tbs sugar*  
*1/8 tsp salt*  
*1 cup milk*  
*1 cup creme fraiche*  
*2 tbs instant coffee*  
*1 tbs hot water*  
*2 oz chocolate, chopped*

1. Cut the chocolate into 1/2 inch cubes and melt in the top of a double boiler.
2. Mix together the sugar, salt and egg yolks. Pour on the milk.
3. Cook in a double boiler until the mixture coats a spoon.
4. Dissolve the coffee in the hot water and add to the custard. Mix well.
5. Add the chocolate to the custard. Mix well.
6. Let the custard mixture cool to room temperature.
7. Whip the creme fraiche until stiff.
8. Fold the creme fraiche into the cooled custard. Refrigerate overnight.
9. Churn in a hand-crank freezer. When the ice cream is just starting to freeze, remove the lid and add the chopped chocolate. Finish freezing.

### **LEMON ICE CREAM**

SERVES 4

The evening my husband and I tested this recipe, a German friend, Horst, stopped by. We handed him a spoon and awaited his judgment. "I," said he, "have eaten ice cream in Germany, in France, Belgium, Austria, Mexico, and Italy; this is the best ice cream I've ever had." "Concupiscent," said I. It's my all time favorite.

*2 cups creme fraiche*  
*3 egg yolks*  
*1 cup sugar*  
*1/4 cup fresh lemon juice*

1. Combine the creme fraiche, egg yolks and sugar. Cook until the custard is just starting to thicken.
2. Cool and refrigerate overnight.
3. Put into a hand-crank freezer. Churn for 5 minutes until the mix is cold.

4. Add the lemon juice.
5. Reclose and churn until frozen.

### *Still-Frozen Ice Cream*

Still-Frozen Coconut Ice Cream  
Still-Frozen Coffee Ice Cream  
Still-Frozen Lavender Ice Cream  
Still-Frozen Maple Walnut Ice Cream  
Still-Frozen Peach Ice Cream  
Still-Frozen Vanilla Ice Cream

Still-frozen ice cream is the quickest, easiest ice cream to prepare. These ice creams do not have the rich, dense texture of churn frozen ice creams but are a great improvement over store-bought ice cream. I especially like still-frozen fresh fruit ice cream. Creme fraiche paired with perfectly ripe fruit, whipped and frozen, is a summer delight!

The secret to enjoying still-frozen ice cream is to let it soften ever so slightly before eating. This lets any water crystals dissolve and greatly enhances mouth feel. The optimal temperature for dipping and eating ice cream (of all kinds) is 46.5 degrees F.

### **STILL-FROZEN COCONUT ICE CREAM**

SERVES 4

I remember having wonderfully rich coconut ice cream in Mexico. The richness of the creme fraiche is perfect with the subtle sweetness of the coconut.

*1 cup creme fraiche*  
*3 tbs minced sweetened coconut*  
*2 tsp vanilla extract*

1. Add the coconut and vanilla to the creme fraiche.
2. Whip to soft peaks. Do not over- whip. If the creme fraiche is over-whipped, the ice cream will have an unpleasant buttery mouth feel.
3. Place in a freezer for 6 to 8 hours.
4. Allow the ice cream to soften slightly before serving. If served directly from the freezer, the texture will be icy.

### **STILL-FROZEN COFFEE ICE CREAM**

SERVES 4

*1 cup creme fraiche*  
*1 tbs instant coffee dissolved in 2 tbs hot water*  
*1/4 to 1/2 cup sugar*  
*1/8 tsp fresh, finely ground coffee*

1. Add the coffee solution, sugar and fresh ground coffee to the creme fraiche.
2. Whip to soft peaks. Do not over- whip. If the creme fraiche is over-whipped, the ice cream will have an unpleasant, buttery mouth feel.

3. Place in a freezer for 6 to 8 hours.
4. Allow the ice cream to soften slightly before serving. If served directly from the freezer, the texture will be icy.

### **STILL-FROZEN LAVENDER ICE CREAM**

SERVES 4

*1 cup creme fraiche*  
*1 tbs lavender blossoms*  
*1/4 cup sugar*  
*1 tsp vanilla extract*  
*1/4 tsp minced lemon zest*

1. Mix the lavender and creme fraiche. Refrigerate for 24 hours to allow the lavender to scent the creme fraiche. Strain the cream through a tea strainer to remove the lavender.
2. Add the sugar, vanilla and lemon zest. Whip to soft peaks. Do not over- whip. If the creme fraiche is over-whipped, the ice cream will have an unpleasant, buttery mouth feel.
3. Place in a freezer for 6 to 8 hours.
4. Allow the ice cream to soften slightly before serving. If served directly from the freezer, the texture will be icy.

### **STILL-FROZEN MAPLE WALNUT ICE CREAM**

SERVES 4

*2 cups creme fraiche*  
*1/4 cup superfine sugar*  
*1/4 cup real maple syrup*  
*1/2 cup chopped walnuts*

1. Add the sugar and maple syrup to the creme fraiche.
2. Whip to soft peaks. Do not over- whip. If the creme fraiche is over-whipped, the ice cream will have an unpleasant, buttery mouth feel.
3. Place in freezer. When the ice cream is partially frozen (about 3 hours), fold in the walnuts. Finish freezing. It will take about 6 more hours, depending upon the temperature of your freezer.
4. Allow the ice cream to soften slightly before serving. If served directly from the freezer, the texture will be icy.

### **STILL-FROZEN PEACH ICE CREAM**

SERVES 4

*1 cup creme fraiche*  
*1/4 cup sugar*  
*4 tbs peach schnappes*  
*1 large, ripe peach*

1. Mix together the creme fraiche, sugar and schnappes. Refrigerate for several hours, preferably overnight, to allow the alcohol to dissipate.
2. Whip the creme fraiche mixture to soft peaks. Do not over- whip. If the

creme fraiche is over-whipped, the ice cream will have an unpleasant, buttery mouth feel.

3. Place in a freezer. When the ice cream is partially frozen (about 3 hours), grind the peach in a food processor or blender and fold it into the cream. Finish freezing. It will take about 6 hours more to freeze, depending upon the temperature of your freezer.
4. Allow the ice cream to soften slightly before serving. If served directly from the freezer, the texture will be icy.

### **STILL-FROZEN VANILLA ICE CREAM**

SERVES 4

*1 cup creme fraiche*  
*5 tbs superfine sugar*  
*2 tbs vanilla extract*  
*1/2 vanilla bean*

1. Add the sugar, vanilla extract and scrapings from the inside of the vanilla bean to the creme fraiche.
2. Whip to soft peaks. Do not over- whip. If the creme fraiche is over-whipped, the ice cream will have an unpleasant, buttery mouth feel.
3. Place in a freezer for 6 to 8 hours.
4. Allow the ice cream to soften slightly before serving. If served directly from the freezer, the texture will be icy.

### *Frozen Souffles*

Frozen Fresh Fruit Souffles

APRICOT, PEACH AND PLUM

Frozen Chocolate Souffle

Frozen Grand Marnier Souffle with Orange Marmelade

Frozen Lemon Souffle

Frozen Mint Souffle

Souffle Glace aux Fraises

### **FROZEN FRESH FRUIT SOUFFLES**

SERVES 4

*1 cup creme fraiche*  
*1 tbs sugar*  
*3 egg whites*  
*1 tsp sugar*  
*4 one-half cup souffle dishes*

#### **For apricot souffle:**

*4 ripe apricots*  
*1 tbs apricot preserves\**

#### **For peach souffle:**

*2 ripe peaches*

*1 tbs peach preserves\**

**For plum soufflé:**

*3 to 4 ripe plums (enough to make 1 cup of pulp)*

*1 tbs plum preserves\**

1. Add 1 tablespoon of sugar to the creme fraiche. Mix well. Whip until stiff.
2. Peel the fruit. Puree half of it and add the preserves to the pureed fruit. Mix well.
3. Coarsely mash the remaining fruit.
4. Beat the egg whites with 1 teaspoon of sugar until stiff.
5. Add the pureed fruit mixture to the creme fraiche; whip until stiff.
6. Fold the mashed fruit into the creme fraiche mixture and then fold in the stiffly beaten egg whites.
7. Put waxed-paper collars around the soufflé dishes so that the collars extend about 1-1/2 inches above the rims.
8. Divide the soufflé mixture evenly amongst the soufflé dishes. Place in a freezer until frozen, about 6 hours.
9. Remove the collars; garnish with a slice of the fresh fruit.

\*An equal volume of sugar may be substituted for the fruit preserves.

**FROZEN CHOCOLATE SOUFFLE**

SERVES 4

*1 cup creme fraiche*

*2 tbs sugar*

*1 tbs instant coffee*

*1 tbs hot water*

*2 oz chocolate*

*3 egg whites*

*1 tsp sugar*

*4 one-half cup soufflé dishes*

1. Dissolve the instant coffee in the 1 tablespoon of hot water.
2. Add the coffee solution to chocolate and melt the chocolate in the top of a double boiler.
3. Whip the cold creme fraiche, adding sugar 1 tablespoon at a time. Whip until stiff.
4. Add 2 tablespoons of whipped creme fraiche to the melted chocolate to cool. When the chocolate is cool, add the remainder of the creme fraiche.
5. Whip the creme fraiche to blend in the chocolate.
6. Beat the egg whites with 1 teaspoon of sugar until stiff. Fold the egg whites into the chocolate-creme fraiche mixture.
7. Put waxed-paper collars around soufflé dishes so that the collars extend about 1-1/2 inches above the rims.
8. Place in a freezer until frozen, about 6 hours.
9. Remove the collars; garnish with chocolate curls.

**FROZEN GRAND MARNIER SOUFFLE WITH ORANGE  
MARMELADE**

SERVE 4



*1 cup creme fraiche*  
*2 tbs Seville orange marmelade*  
*2 tbs Grand Marnier*  
*3 egg whites*  
*1 tsp sugar*  
*4 one-half cup souffle dishes*

1. Add the Seville orange marmelade and Grand Marnier to the creme fraiche. Mix well. Whip until stiff.
2. Beat the egg whites with 1 teaspoon of sugar until stiff.
3. Fold the egg whites into the creme fraiche mixture.
4. Put waxed paper collars around the souffle dishes so that the collars extend 1-1/2 inches above rims.
5. Divide the mixture evenly amongst souffle cups. Place in a freezer until frozen, about 6 hours.
6. Remove the collars; garnish with a sliver of orange rind.

### **FROZEN LEMON SOUFFLE**

SERVES 4

*1 cup creme fraiche*  
*2 tbs frozen lemon concentrate*  
*1 tbs sugar*  
*zest of one lemon*  
*3 egg whites*  
*1 tsp sugar*  
*4 one-half cup souffle dishes*  
*mint leaves*

1. Add the lemon concentrate, sugar and zest to the creme fraiche. Mix well. Whip until stiff.
2. Beat the egg whites with 1 teaspoon of sugar until stiff.
3. Fold the egg whites into the creme fraiche mixture.
4. Put waxed paper collars around the souffle dishes so that collars extend 1-1/2 inches above rims.
5. Divide the mixture evenly amongst the souffle cups. Place in a freezer until frozen, about 6 hours.
6. Remove the collars; garnish with mint leaves.

### **FROZEN MINT SOUFFLE**

SERVES 4

*1 cup creme fraiche*  
*4 tbs creme de menthe, green*  
*1 tbs sugar*  
*3 egg whites*  
*1 tsp sugar*  
*4 one-half cup souffle dishes*  
*mint leaves*

1. Add the creme de menthe and sugar to the creme fraiche. Mix well. Whip until stiff.

2. Beat the egg whites with 1 teaspoon of sugar until stiff.
3. Fold the egg whites into the creme fraiche mixture.
4. Put waxed paper collars around the souffle dishes so that collars extend 1-1/2 inches above rims.
5. Divide the mixture evenly amongst the souffle cups. Place in a freezer until frozen, about 6 hours.
6. Remove the collars; garnish with a mint leave.

### **SOUFFLE GLACE AUX FRAISES**

SERVES 6

*2-1/4 cups sugar*

*1 cup water*

*8 egg whites*

*2 cups strawberry puree*

*3 cups creme fraiche*

1. Cook the sugar in the cup of water until the temperature reaches 236 degrees F (soft ball stage).
2. Beat the egg whites until stiff, and slowly pour the hot syrup over them while beating; beat until the mixture reaches room temperature.
3. Add the strawberry puree.
4. Whip the creme fraiche and fold into the strawberry mixture; avoid overmixing.
5. Pour into a souffle dish to which you have affixed a waxed-paper collar. The collar should extend 3 inches above the dish.
6. Place in the freezer for at least 3 hours.
7. Remove the collar, and serve.