

Mango and Lime Ice Cream

Ingredients

500ml chilled whipping cream (See recipe for low protein creams)

90g of castor sugar

300g of tinned mango purée

4 teaspoons of fresh lime juice

Method

1. Put the chilled whipping cream into a bowl and use an electric hand held mixer to whip it for about 2-3 minutes until it is thickened, light and airy.
2. Add the sugar, mango puree and lime juice to the whipped cream and use the electric hand held mixer to mix for a further 1-2 minutes.
3. Taste the mixture to see if more sugar is needed.
4. Pour the mixture into a large plastic freezer proof container and place in the freezer.
5. Leave for about an hour, or until it is quite firm and beginning to go solid around the edges.
6. Remove from the freezer.
7. Using a fork or wire whisk quickly beat the ice cream to break up the ice crystals.
8. Place the ice cream back in the freezer to refreeze for at least 3 hours.