

Strawberry Crush Ice Cream

Ingredients

500ml of chilled whipping cream (See low protein cream recipes)

2 cans (410g) of tinned strawberries in light syrup

90g of caster sugar

25ml of lemon juice

Method

1. Using a sieve, drain the strawberries and discard the juice.
2. Put the chilled whipping cream into a bowl and use an electric hand held mixer to whip the cream for about 2-3 minutes until it is thickened, light and airy.
3. Put the drained strawberries into a bowl and crush them with a large fork to break into smaller pieces.
4. Add the crushed strawberries, sugar and lemon juice to the whipped cream and use the electric hand held mixer to mix for a further 1-2 minutes.
5. Taste the mixture to see if more lemon juice or sugar is needed.
6. Pour the mixture into a large plastic freezer proof container and place in the freezer.
7. Leave for about an hour, or until it is quite firm and beginning to go solid around the edges.
8. Remove from the freezer.
9. Using a fork or wire whisk quickly beat the ice cream to break up the ice crystals.
10. Place the ice cream back in the freezer to firm.