Home-Made Ice-Cream



Delicious and quick ice-cream that can be prepared by everyone. This ice-cream contains no artificial aroma, colour or paste and which flavour you will choose depends on you.

YOU NEED …

1 GLASS YOU WILL WORK WITH AND USE FOR MEASURING (you choose a size of the glass yourself, it depends on the amount of ice-cream you want to get)

INGREDIENTS FOR FRUIT ICE-CREAM :

2 glasses of finely chopped fruit (fruit at your choice)

1 – 2 glasses of sugar (the amount of sugar depends on the sweetness of the fruit)

2 glasses of stiff yoghurt (you can use Greek yoghurt as well)

1 ½ glasses of sweet cream

INGREDIENTS FOR OTHER FLAVOURS :

1 glass of ground cookies or nuts (it is your choice)

1 glass of sugar

2 glasses of stiff yoghurt (you can use Greek yoghurt as well)

1 ½ glasses of sweet cream

PROCEDURE :

1 . wash the fruit, dry it and chop it into tiny pieces …

2 . mix the fruit with sugar using an immersion blender …

3 . add yoghurt to the mixed fruit and mix again …

4 . mix sweet cream separately (be careful NOT to mix it too much) …

5 . put sweet cream and mixed cream together and mix shortly one more time to avoid the lumps …

6 . pour the ice-cream into suitable cups and freeze …

THE PROCEDURE FOR MAKING ICE-CREAM with cakes or nuts is almost the same.

If you make ice-cream with cookies, first mix yoghurt and sugar to enable the sugar to melt and then add the cookies. The rest of the procedure is completely the same as with fruit ice-cream.

NOTES AND ADVICE :

Take the ice-cream out of the freezer 15 minutes before serving to enable it to defrost a little.

If you have a special freezer for ice-cream, you do not need to take the ice-cream out 15 minutes before use, as the temperature is adjusted specially for ice-cream, so it will always be creamy.

If there are ice crystals in the ice-cream, it means that the temperature of freezing was wrong.





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