

RAINBOW PADDLEPOP ICE-CREAM

Makes 1 litre



Things you need

600 ml thickened **cream**

3 **eggs**

1 cup **dextrose**

300 ml **milk**

1.5 caps Salted Caramel **Flavour**

If you don't have that flavour but still want the coloured effect, just use 1 teaspoon of vanilla extract instead



Here's how

1. Whisk all the ingredients together in a bowl.
2. Pour into a medium saucepan over medium heat, whisking constantly. Still whisking, allow to steam but not boil. Whisk until thickened – about 10 minutes.
3. Remove from the heat and allow to cool. (It will thicken as it cools.)
4. Place the cooled mixture in a metal bowl in the freezer to get it really cold before you churn (it just makes the churning faster). Once thoroughly chilled and thickened (this can take a few hours) set up your churner with 2/3 of the mix (return the rest to freezer).
5. Allow this to churn until quite thick (a little bit beyond self serve) You want it to hold some shape and therefore colour.
6. **Colouring—you need to work quickly.** Take the ice cream out of churner and place half of the mix in a bowl with yellow colour and half in a bowl with red colour. Mix these thoroughly in their separate bowls so you have a bowl of blue ice-cream and a bowl of red ice-cream. Put these bowls back in the freezer.
7. Retrieve the remaining uncoloured mix from the freezer and quickly stir some blue colour through then place it in the still cold (but now empty) churner . It doesn't have to be as thickly churned as the other batch.
8. Lately Lizzie has been setting her ice cream in a block cake tin. It makes it easier to serve (by slicing). So while the blue is churning going on, line a block tin (24cm x 13.5cm) tin with a generous amount of doubled over (for strength) cling film(or baking paper). Once lined you can place splodges of the red and yellow, leaving gaps to pour or scoop your blue into once you are happy with it.
9. Once all ice cream in container, knock any air bubbles out by firmly rapping the base of tin on your tabletop.
10. Lastly, take a spoon and gently lift some colour from top to bottom. You want to mix the colours about NOT mix them together, so if your ice cream is getting too runny simply place it back into the freezer to set more before doing this step. A couple of last taps of the tin on the tabletop, cover, and freeze.
11. Of course, if you have more time, you can make, churn and freeze a batch of ice cream before-hand (or use some you have in your freezer already), soften, only enough to mix through the colours you are using. Then make as before