

# Experiment with Ice Cream!

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Here's a practical experiment you can do at home using refrigeration - making ice cream and desserts. It is easier than you might think. You can do it at home, but it does take a while and some effort. Try one of the recipes below.

Look at the consistency of the mixture at each stage. How has it changed? What might happen if you didn't follow the instruction properly and left it too long or too little time in the freezer compartment?

## Basic Ice Cream Recipe

Ingredients:

- 150ml (1/4 pt) double cream
- 15ml (1 tablespoon) sweetened condensed milk
- 50g (2 oz) sugar
- 50g (2 oz) chopped almonds (optional)

Heat the sugar (and almonds) gently in a pan until it melts. Whip the cream and add the condensed milk. Add the sugar (and almonds) and stir well. Freeze.

## Iced Smoothie

Ingredients:

- Frozen blueberries
- Frozen bananas (cut into chunks before freezing)
- Orange or Apple juice

Allow the frozen fruit to thaw for a while at room temperature until they are a little bit soft. Mix with an electric blender or pour into a smoothie maker to make a delicious healthy chilled drink. You can experiment with adding your favourite fruits to make your own flavours.