

# How to make rose ice-cream

Tempt your children away from the ice-cream van with this easy homemade version, made with evaporated milk and flavoured with rose water

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Pouring the ice-cream into the machine. Photograph: Mike Lusmore

Damn and blast that ice-cream van parked smack bang outside the school gates. No doubt it will linger there long into autumn. The hypnotic lure of this bright yellow vehicle with an enormous Mr Whippy plonked on the bonnet makes for countless arguments at school pickup time. Once in a while, perhaps, I give in, but it is the ubiquity of this van that has prompted some epic ice-cream-making sessions in my home recently. Because – summer or winter – while my children all love frozen fruit juice ice lollies, it is rich, creamy ice-cream licked from a cone that is definitely viewed as more of a treat.

As a chef, I have made lots of ice-cream in many restaurants. There are amazing machines (with amazing prices, unfortunately) that can cook the egg custard base for

you, cool it and churn it until perfectly frozen. In my home kitchen I use a £45 machine and plenty of aromatics (cardamom pods, vanilla, bay leaves) for near-restaurant results that adults and children can all enjoy.

The method below appeals to me because children really can make help to make it from scratch, with no custards to curdle and no boiling liquids to reduce. You just need a can of cold evaporated milk, whipped until doubled in size, sweetened with sugar, flavoured and churned until frozen. What you end up with is a dense ice-cream – similar to an Indian kulfi – with the rose water flattering the dusky, caramelised flavours of the evaporated milk.

Experiment with flavours, though – you can use vanilla essence instead of rose water, throw in some raspberries just before you finish churning the mix, or add a handful of walnuts.

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## Rose ice-cream

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The finished rose ice-

cream. Photograph: Mike Lusmore

***(To fill a 500ml tub)***

**300ml evaporated milk**

**100g caster sugar**

**50ml rose water**

Refrigerate the tin of evaporated milk the night before you plan to make your ice-cream.

In a bowl with an electric whisk, beat the evaporated milk until doubled in volume – around 30 seconds should do it.

Add sugar and rose water and beat briefly for a few seconds.

Pour into the ice-cream-maker and churn according to the machine's instructions.

Seal in a lidded tub in the freezer.

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