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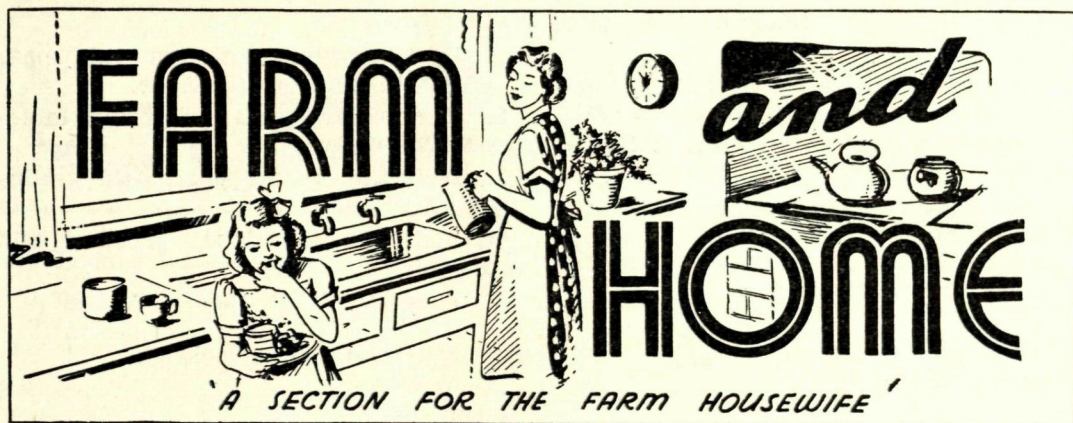
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SOME ICE-CREAM RECIPES

By BRENDA CLEEVE

FROM earliest times ice-cream has been regarded as a delicacy to tempt the appetite—especially on searing days when the mercury climbs over the century mark. Romans of Julius Caesar's day enjoyed a type of ice-cream made from snow which was carried from the high mountains by fleet runners and later flavoured with fruit juices. When Marco Polo returned to Venice from the Orient, he brought back a recipe for an ice-cream made from milk and from Italy the popularity of this delectable confection soon spread to other European countries. Charles I of England was so fond of his "Cream Ice" that he granted a special pension to the chef who was responsible for its introduction to his kitchen. Later the name was reversed and so the ice-cream we know today came into being.

Most ice-cream recipes contain some ingredient such as cream, egg, gelatine, cornflour or custard powder to reduce the possibility of ice forming in the mixture. For the same reason ice-cream should be frozen quickly and preferably beaten while being frozen. The second beating which is a feature of many ice-cream recipes breaks up ice crystals already formed and increases the volume.

1. Uncooked Ice-Cream.

- 1 small tin of cream.
 - 1 cup of fresh milk.
 - 3 tablespoons sugar.
 - 1 teaspoon gelatine.
 - 1 cup boiling water.
- Flavouring.

Method—

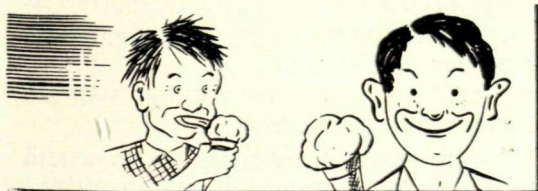
1. Mix the cream and milk together.
2. Dissolve the gelatine in the boiling water. Add sugar and stir until dissolved.
3. Add dissolved gelatine and sugar to milk mixture with 1 teaspoon of desired flavouring.
4. Pour into tray. When just set, remove from tray and beat until frothy but not liquid. Return to tray and freeze.

2. Uncooked Ice-Cream.

- 2 cups fresh milk.
- 4 tablespoons powdered milk.
- $\frac{1}{2}$ cup sugar.
- 1 teaspoon gelatine.
- $\frac{1}{2}$ cup boiling water.
- 1 teaspoon vanilla.

Method—

1. Beat fresh and powdered milks together.
2. Dissolve gelatine in boiling water. Add sugar and stir until dissolved.



3. Combine all ingredients. Pour into trays.

4. When frozen for about half an inch around edges remove from trays and beat.

5. Return to trays and continue freezing.

(N.B. In this recipe $\frac{1}{2}$ cup sweetened condensed milk may be substituted for $\frac{1}{2}$ cup sugar. It should be beaten with the fresh and powdered milks).

3. Uncooked Ice-Cream.

1 pint milk.

1 egg.

3 tablespoons powdered milk.

1 tablespoon sugar.

Method—

1. Place milk, powdered milk and egg yolk into a basin.

2. Beat egg white until stiff. Add sugar and beat well.

3. Beat milk mixture. Add egg white and beat again.

4. Add flavouring. Pour into tray.

5. Stir every half hour until frozen.

4. Uncooked Ice-Cream.

2 eggs.

2 tablespoons sugar.

1 cup cream.

1 cup milk.

1 teaspoon gelatine.

1 teaspoon vanilla.

Method—

1. Dissolve gelatine in a little hot water.

2. Beat egg whites until stiff. Beat in the sugar and then the egg yolks.

3. Add the cream, milk, dissolved gelatine and vanilla.

4. Pour into trays. When frozen around the edges beat again.

5. Return to trays and freeze completely.

5. Uncooked Ice-Cream.

1 cup cream.

1 cup fresh milk.

1 egg white.

1 teaspoon gelatine.

2 tablespoons sugar.

Flavouring.

Method—

1. Beat egg white until stiff. Add sugar and beat to make a meringue.

2. Dissolve the gelatine in 2-3 tablespoons hot water.

3. Beat the cream. When stiff gradually beat in the milk.

4. Add the meringue, gelatine and flavouring.

5. Pour into trays and freeze.

American Ice-Cream (Cooked).

1 cup milk.

$\frac{1}{2}$ cup sugar.

1 tablespoon flour or 3 egg yolks.

1 cup cream.

1 teaspoon vanilla.

Method—

1. Place milk in a saucepan and bring to the boil.

2. Mix the sugar with the flour or egg yolks.

3. Pour the hot milk very carefully on to the sugar mixture, stirring all the time.

4. Return mixture to saucepan and stir over a low heat until it boils. Boil 1-2 minutes if using flour.

5. Allow to cool. Pour into trays and freeze until mixture is set for $\frac{1}{2}$ inch around edges.

6. Beat the semi-frozen mixture until smooth.

7. Beat the cream until just stiff.

8. Fold cream and flavouring into beaten mixture.

9. Pour into trays and freeze.

1. Custard Ice-Cream.

$1\frac{3}{4}$ cups milk.

1 egg yolk.

1 tablespoon cornflour.

2 tablespoons sugar.

Flavouring.

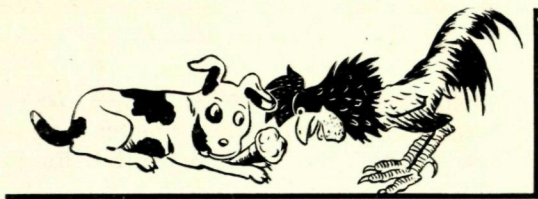
Method—

1. Mix the cornflour until smooth with a little of the milk.

2. Add the beaten egg yolk, sugar, and remainder of the milk.

3. Stir over heat until boiling. Boil 2-3 minutes. Add flavouring.

4. Allow to cool. Pour into trays and freeze.



2. Custard Ice-Cream.

- 1 pint milk.
- 3 tablespoons powdered milk.
- 3 tablespoons sweetened condensed milk.
- 1 tablespoon custard powder.
- 2 tablespoons sugar.
- 2 teaspoons gelatine.
- Flavouring.

Method—

1. Mix custard powder to a smooth paste with a little of the milk.
2. Add the remainder of the milk, the condensed and powdered milks and the sugar. Beat to mix in the milk powder.
3. Stir the mixture over a gentle heat until it comes to the boil. Boil 1-2 minutes.
4. Dissolve the gelatine in a little hot water.
5. Add dissolved gelatine and flavouring to the custard mixture.
6. Cool. Pour into trays. Freeze for an hour.
7. Beat well with a rotary beater and return to tray.

Junket Ice-Cream.

- 2 cups milk.
- 1 or 2 junket tablets.
- 1 cup sugar.
- 1 cup cream.
- Flavouring.

Method—

1. Make a junket with the milk and junket tablets.
 2. When at the setting stage, beat in the cup of sugar with a rotary beater.
 3. Stir in the cream and desired flavouring.
 4. Pour into trays and freeze.
- If the flavoured junket tablets are used no other flavouring may be required.

Jelly Ice-Cream.

- $\frac{1}{2}$ packet of jelly crystals.
- $\frac{1}{2}$ cup sugar.
- $\frac{1}{2}$ cup hot water.
- 3 cups milk.

Method—

1. Place the jelly crystals in a pan with the hot water. Heat gently until dissolved. Do not boil.
2. When dissolved add the sugar.
3. To this mixture add the milk and beat together. If liked, a cup of cream may be substituted for one of the cups of milk.
4. Pour into trays and freeze.
5. When the mixture is lightly set, beat up with a fork and then allow to freeze completely.

Quick Ice-Cream.

- 1 tin of sweetened condensed milk.
- The same quantity of fresh milk.
- The same quantity of cream.

Method—

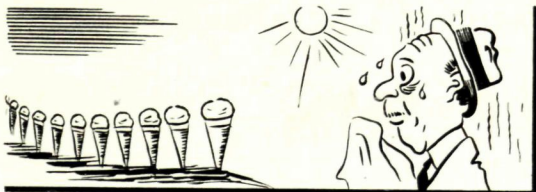
1. Combine all these ingredients and beat together.
2. Add desired flavouring.
3. Pour into trays and freeze.
4. Beat or stir the ice-cream twice while it is freezing.

Raspberry Ice-Cream.

- 1 cup raspberry jam.
 - 2 scant cups milk.
 - 2 tablespoons boiling water.
 - 1 heaped teaspoon gelatine.
 - 1 tablespoon lemon juice.
- Small cup cream or chilled unsweetened evaporated milk.

Method—

1. Dissolve the gelatine in the boiling water.
2. Place in a mixing bowl with all the other ingredients and beat until thoroughly mixed.



3. Pour into trays and chill until the mixture is frozen for half an inch around the sides.

4. Beat until light and fluffy but not liquid.

5. Return to trays and continue freezing. Stir well once more before the mixture is completely frozen.

This recipe is delicious if strawberry jam is used instead of raspberry jam. A little red colouring may be added to this ice-cream to improve the colour.

Banana Ice-Cream.

1 egg.

1 cup unsweetened evaporated milk or cream.

1 tablespoon honey.

2 tablespoons sugar.

1 dessertspoon lemon juice.

Grated rind of $\frac{1}{2}$ lemon.

2 bananas.

Method—

1. Mash the bananas and add the lemon rind and juice, the honey and egg yolk. Stir in the milk or cream.

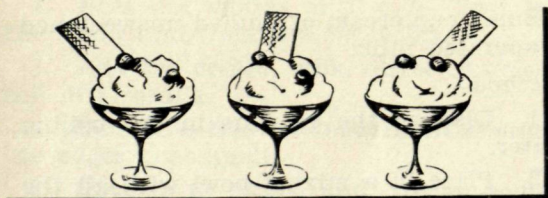
2. Freeze until just beginning to set.

3. Beat until light and fluffy.

4. Make a meringue with the stiffly beaten white of the egg and the sugar.

5. Fold this meringue into the beaten banana mixture.

6. Return to trays and freeze. Stir once more before the mixture is completely frozen.



Ice-Cream Variations.

Try these variations with any of the recipes for plain or vanilla ice-creams.

Chocolate.—Add 1 tablespoon cocoa mixed to a smooth cream with a little hot water or milk. This removes the raw taste of the cocoa.

Chocolate Chip.—Add 1 cup of grated or chopped dark chocolate (a semi-sweet variety).

Coffee.—Substitute $\frac{1}{2}$ cup of strong black coffee for $\frac{1}{2}$ cup of milk or use black coffee to dissolve the gelatine instead of boiling water.

Fruit.—Add $\frac{3}{4}$ -1 cup of fruit pulp or fruit salad to the mixture in the tray when it is beginning to thicken after being beaten. If tinned fruit is being used, drain off any liquid first.

Fruit-Nut.—After the mixture has been beaten stir in $\frac{3}{4}$ cup of chopped nuts and crystallised fruits such as cherries, ginger, raisins, walnuts. Add some pink colouring to the mixture.

Choc-mint.—Use peppermint flavouring instead of vanilla, and colour the ice-cream green. When the mixture has been beaten, stir in $\frac{1}{2}$ cup grated chocolate (dark). Taste the mixture when adding the peppermint as some essences of peppermint are very strong.

Ice-Cream Wafers.

2 oz. butter.

2 cups flour.

1 cup sugar.

1 teaspoon bi-carbonate of soda.

$\frac{1}{2}$ cup orange juice.

1 tablespoon water.

Method—

1. Beat the butter and sugar together until creamy.

2. Dissolve the bi-carbonate of soda in the water and add to the orange juice.

3. Stir in the flour and orange juice alternatively.

4. Place the mixture in small heaps on a well greased slide and then spread out as thinly as possible.

5. Bake in a moderate oven until a golden brown.

6. As soon as the tray is removed from the oven, cut the mixture into squares or fingers and remove from the tray.

7. When cool, store in an airtight tin.

TAKE CARE OF YOUR BLANKETS

WITH the onset of summer weather, blankets which have been in use in the colder months are being discarded. Proper care of them will keep them in good condition and extend their lifetime. Blankets which are not to be used and are to be stored away should be washed first and then placed in a cool, dry place, protected from moths. They may be wrapped in strong paper or plastic or placed in a lined box. Do not store them with weighty objects on top, or pressed tightly into a case, as they will soon lose their fluffiness. Between washings, blankets should be beaten or brushed to remove loose dust and to keep them soft and fluffy.

To Wash Blankets.

Handle one blanket at a time as the secret in the successful washing of wool lies in the speed and gentleness with which it is accomplished.

If the blanket is very soiled, soak in clear, lukewarm water. Water used for washing and soaking must be soft. Where possible use rain water. If this is not available add about two tablespoons of powdered borax to a tub of water before adding the blanket. Never use washing soda or strong chemicals for softening water as this hardens the wool.

After soaking the blanket, squeeze out the water. Do not use this water for washing. Never twist or rub the blanket during laundering. As with all woollen fabrics, the fibres matt together, giving a harsh surface.

Wash in lukewarm water using just enough soap to make a permanent lather on top of the water. The soap should be dissolved in the water before the blanket is added. If the suds disappear from the water as the blanket is being washed, add some more dissolved soap to the water. Hot water and too much strong soap cause the wool fibres to matt and shrink.

When washing by hand, avoid twisting the blanket, by dipping it up and down in the water until the suds have penetrated every part. Usually two washing waters are necessary—more if the blanket is very soiled.

Rinse in the same manner in two or three tubs of clear warm water. The blanket may be passed through a wringer with a light pressure or squeezed by hand to remove excess moisture. Shake after wringing to raise the nap.

Follow the same principles if using a washing machine. Run the machine for three to five minutes each time for washing and rinsing.

Hang the blanket lengthwise on the line to dry with the weight placed evenly on either side. Straighten the edges and avoid pegs as much as possible. Hang striped blankets so that the stripes run vertically. If the colour does run it will then run with the stripes and not across them. If possible choose a windy day for quick drying. Otherwise avoid intense sunlight as this has the same effect as hot water.

When thoroughly dry, shake and brush the blanket to raise the nap.

APPLE-PACKING CLASSES.

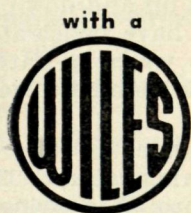
In preparation for the coming apple harvest, the Department of Agriculture, in conjunction with the Manjimup Fruit Growers' Association and Westralian Farmers Co-operative Limited, arranged to hold packing classes at Manjimup.

An excellent response was received from local people and altogether 27 persons attended a three-day course conducted by the Senior Packing Instructor of the Department of Agriculture (Mr. J. S. Bloomfield).

The trainee packers showed keen interest and progressed very satisfactorily. The classes are aimed at teaching the fundamental principles of correct packing and wrapping so that with practice the learner will develop speed and proficiency.

An adequate supply of packers for the Manjimup district is assured for the coming season. A small number of the trainees will enter central packing sheds to supplement the experienced packing staffs, while those who are the sons or daughters of orchardists' staffs, will help to improve the presentation of orchard-packed apples.

Your clearing problem **SOLVED**



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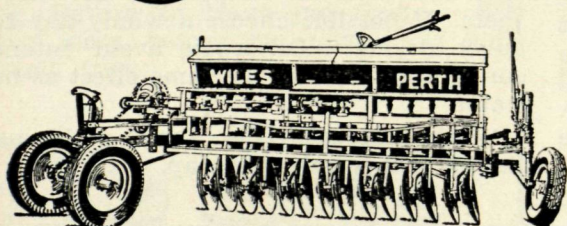
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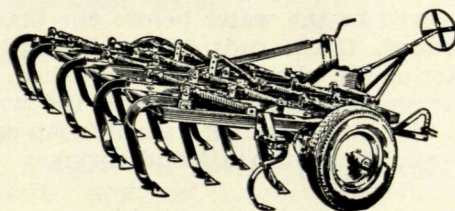
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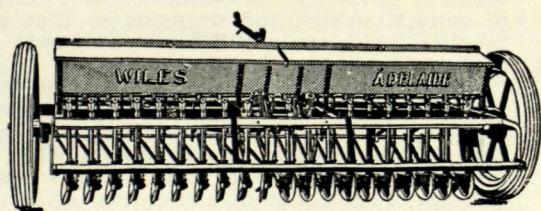
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