

Mitcham Mint Chocolate Ice Cream

Serves 4

300ml milk
300ml double cream
4 large egg yolks
75g caster sugar
1 tsp custard powder
100g Summerdown Mint Crisps,
plus extra to serve

Gently heat the milk and cream in a saucepan until it reaches simmering point.

Whisk the egg yolks with the sugar and custard powder until pale and thick then, still whisking, incorporate the hot cream.

Pour back into the saucepan and cook over a low heat, stirring constantly until it thickens. Transfer back into the mixing bowl and chill.

Chop the mint crisps into small pieces and stir into the cold custard.

To get the best texture, churn the mixture in an ice cream maker. Alternatively, pour the mixture into a tupperware container and freeze for 2 hours. When ice crystals start to form around the outside, whisk with an electric whisk until smooth. Freeze for another 2 hours, then whisk again. Repeat until firm and smooth.

Scoop the ice cream into glasses or bowls and serve with another mint crisp or two.



Summerdown Farms

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Summerdown grows and harvests the rare traditional Black Mitcham peppermint and distils its pure mint oil. It is then used to make their delicious Chocolate Peppermint Crisps, Peppermint Creams and refreshing Peppermint Tea.

Food heritage

At the beginning of the 20th century, England was renowned for producing the best mint in the world. Over the years, the rising cost of labour brought a decline in cultivation, but Summerdown has now reintroduced traditional Black Mitcham peppermint to this country. Throughout the area there are similar stories about heirloom varieties of fruit and rare breeds of meat. Support local producers and help keep our food heritage alive.

Tips...

- Using a tsp of custard powder helps to stabilise the custard so there's less risk of the mixture splitting. You could also use cornflour which would do the same job.



For little hands...

- This recipe is a firm favourite for people of all ages. Serve piled high in an ice cream cone for children on a hot summer's afternoon.