

## The Eternal Ice Age

**Whether it is a dollop of the cheapest from the supermarket piled up on a deep plate and placed in front of the DVD-player with a cup of strong mocca, or the ice dessert in three layers with marinated, sun-ripened strawberries, lightly supported by a spunky Sauternes; ice cream is and will always be the perfect dessert - excellent for the summer heat.**

### Anders Tychsen

The use of ice stretches back more than 4000 years to ancient Mesopotamia, where remains have been found of ice pits. These were simple holes, dug into the ground, into which raw ice was lowered. The ice was harvested from shallow lakes, which were quick to freeze during the short winters. Even while hidden in the ice pits, and covered with straw, the ice would gradually melt. However, enough would remain for use in the hot summer months.

At that time, ice was primarily used for food storage purposes, however, gradually new ways of storing ice was invented, such as the installation of drains in the bottom of the ice pits. This meant that the ice kept its purity, more of the ice lasted, and that freed up ice for other used. Thus started the gastronomical history of ice.

Through time, the Europeans have shown a talent for acquiring and adapting and improve the methods and technologies of other cultures. The same is true for ice. The inspiration came from the southern areas of Arabia, Persia and Assyria. The ancient Greeks and Romans acquired the idea of ice pits and ice houses already during the fifth century B.C. Ice used for consumption was still limited to the cooling of sherbets, wine and other drinks, and for the production of a form of pre-sorbet: A mixture of mountain snow, honey, fruit juice and fruit, which the Romans consumed great amounts of.

The second age of ice originated in Italy and France around 1300-1600. The development of ice for consumption and storage in these post-Dark Age years, is characterized by a gallery of genius individualists and their incredible and sometimes outright mad ideas. The group included alchemists, dessert chefs, inventors and café-owners, and their work formed the basis for the present-day use of ice and ice cream. During the same years, a rapid culinary development occurred in Europe. This reversed the flow of inspiration back south to Arabia. During the latter part of this period, ice cream as we know it today was developed.

The third age of ice took place during the years 1750-1960, where large factories began to produce raw ice for industrial purposes as well as consumption. The development was focused first in Great Britain, then in Russia and finally in America, where the real industrialization of the fabrication of ice took place, and dairy farms were developed.

Interestingly, the explosion in the use of ice was a factor in diminishing whaling. For instance, Danish whaling ships were in the 18th Century converted to ice ships, which sailed north and carved up ice bergs for the patisseries and cafés of London - the latter which had taken over from the French and Italian dessert masters as the best in Europe. Ice farming was an incredibly dangerous enterprise, and there are many reports of accidents at sea because of e.g. rolling icebergs.

In the years 1900-1935, the fabrication methods of North America were introduced worldwide, and gradually the entire western world started to produce ice cream as we know it today in large factories and dairy farms. During the 1920's, it became a regular thing to buy packets of ice cream for the family, usually vanilla-flavoured, possibly with chocolate pieces.

In recent years, a variety of new types of frozen consumables has entered the market, notably soft ice, milk shakes and yoghurt ice. With the introduction of the home freezer during the 1960's, the market for ice exploded, and is now controlled worldwide by a few very large producers. Ice cream is today largely produced in the industry, on the basis of essences, powders and emulgators. Only about a handful of small producers in each western country, Australia included, produce real ice cream using eggs, cream and sugar.

### **The frozen theme**

Ice is not just ice. There are hundreds of variations of the frozen dessert theme, spanning hot fruit pies served with parfait, lightly frozen fragilité, cocktails, granité, sorbets and so forth. These different types of desserts have necessitated the formulation of a vocabulary for the taxonomy of ice types. Even though this taxonomy is informal in gastronomical circles and variations exist, it supplies a guideline for the combination and use of the different types of ice cream, and the raw material that is used in their production.

Most types of consumable ice can be fitted into one of the three main categories: Parfait (Ice Cream), Crème Ice and Sorbet. Special desserts like frozen mousse and form a separate category. The problem is that ice as a concept never has been defined, so it is perfectly acceptable to term a frozen chocolate mousse ice cream, as well as terming a parfait a crème ice. However, traditionally, consumable ice is divided into these three types, and these are the ones that this article is all about.

**Parfait:** Normally, cream with a milk fat content of at least 30% is used in these ices. If the milk fat content falls below this amount, the cream cannot be whipped to a sufficient air content. Most textbooks claim that Parfait and Ice Cream is the same, and this is basically correct. The confusion is related to translation difficulties, and the French term "parfait" is generally used. The basic parfait consists of a certain amount of egg yolks whisked creamy yellow with some sort of sweetener. This "eggnog" is then mixed gently with the whipped cream.

**Crème Ice:** While still based on e.g. cream and egg yolks, crème ice is different from parfait in that certain ingredients, typically milk or cream, is heated and alloyed to a thick crème, which is mixed with whipped cream and possibly egg whites.

**Sorbet:** Any type of water-based ice belongs to this category. There are three overall groups: Fruit Ice, Juice Ice and Granité.

*Fruit Ices* form the classic sorbets, as we know them, consisting of fruit purée and/or fruit juices, which are mixed with a sweetener (raw sugar, honey, artificial sweetener etc.) to a

mixture that is continuously stirred during freezing to a smooth, lightly frozen ice. Sorbets based on wine, liquor or spirits are normally separated from other sorbets, as they require much longer freezing times and more powerful freezers, because of the alcohol content. This lowers the freezing temperature of the mixture and increases the risk of separation during the initial freezing.

*Juice Ices* consists solely of fruit juices, sweetener and water, with the possible addition of a bit of whisked egg whites. The freezing of juice ices can be a bit delicate, as one ends up with veritable cement blocks if they are not correctly treated.

*Granité* is differentiated from fruit ices in that it is served half frozen. It is characterized by elongated ice crystals and grainy texture. It is the only type of ice where ice crystals are actually sought developed, not cursed beneath the floorboards by frustrated dessert chefs.

### **The art of making ice cream**

Ice is fabulous because no matter the type, it almost never fails. It is a very gratifying medium to work with, with only one problematic feature: It does not last – be it because of heat or hungry mouths. Making your ice a success is simple, if a few simple guidelines for the production and freezing are followed. As in any other form of cooking, the number one rule is: *The result is directly proportionate to the quality of the raw material.*

In ice, there is no direct reformation of the ingredients, so it is the taste of the raw eggs, the raw cream etc., which gives the ice cream its taste. Because of the short path from raw material to the mouth, there is no way of dampening or hiding bad quality behind e.g. spices. This is also why there is such a big difference between industrial ice cream and home-made - it pays off using the good raw materials. Good ice has the same effect that good chocolate or whiskey does: A bit is enough.

Something similar is true for the presentation, the serving, of ice. A good vanilla crème ice with a bit of raspberry coullís is just as gorgeous as a huge dessert with expensive spirits and heaps of nuts. It is two very different types of experiences, and that is one of the things that makes ice so versatile to work with. Even poor students can play with the professionals when it comes to ice!

Another important point is that it is not always a good thing to serve the big, heavy and expensive frozen desserts. On top of a good dinner, a simple serving – like a combination of vanilla parfait and blueberry sorbet – is perfect. Finally, let it be known that ice does not have to be a dessert rich in fat and carbohydrates – there are healthy varieties such as sorbets or yoghurt-based ice creams.

Finally, as with all other forms of cooking, ice has a practical and a gastronomical side to it. If time is short, one should always select a simpler dessert, which may not be perfectly attuned to the rest of the meal. This results in less stress and it is this form of practical considerations, which end up increasing the enjoyment of the entire meal. When all is said about raw materials and organic ingredients, a perfectly acceptable ice cream can be made with canned fruit.

## From ice to recipe

It happens that we, on a restaurant or café, are served a dessert at we really like, but for which we do not know the recipe. As an example, during one of my trips to Vienna (a city with an excellent dessert culture), I was served a palate cleaner, based on a red wine sorbet. It was incredibly delicate, but alas, I forgot to ask for the recipe. At that time I lived in Denmark, and well back home I began pondering how to recreate the sorbet. But how to do it? Typically, all you have is a taste, a colour and possibly a type of ice to guide you in the right direction.



If the recipe cannot be procured, there is only one way to recreate an experience: Trial and error. Before one takes the bowls from the closet, it is important to realize that it is night impossible to recreate a dessert that tastes exactly as remembered. This is partly because our memory twists remembered sensoric input. Furthermore, professional kitchens typically sport special machinery and softeners (for the ice – not the laundry!), which only very few private persons have access to. Lastly, there is a difference in all raw products: Even if you use the exact same type of ingredients, such as strawberries and cream, the taste will be different. Every dairy farm, every strawberry plant, has its nuances, and small as they may be, they are important to the finished sensoric impression: Many small streams make a big river.

The first thing to do is to get an idea about what type of ice or frozen dessert that was served. Was it a sorbet or a parfait? It is often seen that basic types of ice cream is mixed, in order to draw on the best properties of each category. In these cases, the creaminess of the ice is relevant, as is the colour – a hint of white indicates at least a minor dairy content, unless it is a white fruit sorbet. A sorbet based on a sugar-syrup boiled with mint leaves and mixed with a large amount of whipped egg white can be creamy as a parfait, while the freshness that is characteristic of the sorbet has been preserved. Alternatives are whipping cream, low-fat cream, milk, yoghurt, crème fraîche and other milk-based products. It is normally fairly easy to recognize some of these types of dairy products, as they leave a characteristic acidic aftertaste, e.g. crème fraîche.

With a bit of experimentation, you will often be capable of producing the same type of creaminess as is remembered. Problems can arise if several different types of milk products/egg whites have been used. In a vanilla parfait based around a mixture of crème fraîche, skim milk and 38% cream, it can be very hard indeed to approach the relationship between the different ingredients. Cream is special in that the creamy taste of it can be felt on the entire tongue, and thus it can be separated from egg whites, that do not contain a taste of their own, which means that the feel on the tongue will be generated by the primary taste-giving ingredients – citrus, strawberry, chocolate and so forth. Here is a few pointers:

- 1) Fruit based ice, which feels creamy on the tongue, but not heavy and broad: Egg white and possibly crème fraîche or yoghurt (usually in small quantities).
- 2) Sorbet with spirits or wine, which feel creamy, but no heavy like cream: Egg whites, milk (skim or light), cream with a fat content of 9-13%
- 3) Parfait or crème ice with a light consistency and rounded taste: Typically a combination of milk-based crème ice and whipped 30-38% percent cream, which is added to the milk-crème right before it is frozen, is used. Any acidic milk products should be readily discernible by the impression they leave on the sides and/or front of the tongue.
- 4) Heavy ice cream with a powerful sense of cream: High-fat cream and egg-yolk based. Typically French, however also a traditional Russian ice cream. In the French and Russian traditions, often a lot more egg yolks than standard today is used in relation to the amount of cream, e.g. 10 or even 20 to half a liter. This is in keeping with older European traditions.
- 5) Creamy, sweet fruit ice: Probably an Italian mixture, typically a strawberry ice based on a sugar syrup, blended with fruit purée, whipped egg whites and possibly some cream.

When the primary ingredients have been found, the next step is to produce the ice cream itself. This is the really interesting part of the work: Finding the primary and any secondary flavours, and mixing them to a satisfying taste. Colour is not a good indicator, as it is often artificial, produced with fruit or artificial colours. Consider which types of sweeteners that have been used, as these can emphasize or hide various types of flavours, e.g. flower honey and citrus emphasize each others nuances. The nuances of a red wine can be drawn out using acacia-honey, and so forth. Red berries can be emphasized using citrus juice. Typically, around this time of the process, one realizes that the product in the bowl may not be the exact same thing that is remembered, but not bad at all. The tasting session usually leaves an amount of ice cream that is small enough to incur some acidic comments from the family about chefs and their appetites ... so keep extra ingredients ready. In my experience, this is how a lot of family-honoured recipes are generated, and there is a not insignificant amount of gratification involved in developing a private ice cream variation.

*When it fails:* There can be a lot of problems working out the taste combinations of something tried only once or twice. This is especially true for spicy trou-de-milleus, used for cleaning the palate between courses. Overlying, powerful spices like cinnamon supported by 3-4 other flavours are typical problem generators. Working out that cinnamon has been used is simple, however, the secondary flavours can be very hard to locate, if they support the cinnamon instead of standing on their own.

In such cases there is only one thing to do: Try and find a flavour combination that is satisfying although not the same as remembered, or give up. If the latter, do not despair – there is a wealth of consolation to find in the hundreds of ice types, that the emerging summer will bring into our focus, as the temperatures climb and the winter gets comfy in a thick, heavy dyna of snow somewhere in Siberia.

## How to succeed with ice cream

The following comprise the core rules of ice cream production outside professional facilities, and it is recommended that they are kept in mind when ice cream is being prepared at home:

- *Salmonella and eggs:* Cream, milk, eggs and other ingredients should be fresh and used in a clean environment. Be especially aware of *salmonella* bacteria, which can occur on and in raw eggs. Generally, *salmonella* bacteria are placed on the outside of the eggshell, and almost all of these can be removed by scalding the eggs in boiling water for a few seconds.
- *Long-durability products:* Long-durability products such as homogenized cream and milk, or pasteurized eggs, affect the flavour and texture of an ice cream, and sometimes require that e.g. the amount of sugar in the recipe is altered.
- *Freezing:* The initial freezing period, the period from when the ice cream mixture is put in the freezer until the correct consistency is reached, should take place at temperatures of at least  $-18^{\circ}\text{C}$ , and preferably at  $-21^{\circ}\text{C}$  to  $-25^{\circ}\text{C}$ . If the ice cream is deep frozen, meaning that it has been allowed to harden completely, it will need to be slowly warmed in a fridge for about 20-30 minutes after being taken out of the freezer. This depending on the type and volume. An ice should always be placed in the freezer as soon as the mix is finished, as it loses the inherent air rapidly at room temperature.

Home made ice should ideally be eaten within a week from the point when the hard freeze has occurred. Most can last two-three weeks, if fresh ingredients were used. Ice cream should be frozen in metal or noble steel bowls, which channel the cold more effectively than plastic. Always use containers with close-fitting lids, possibly with some foil underneath to tighten the seal. If air penetrates into the container, it can form an ill-tasting layer on the top of the ice cream. To prevent this, a piece of waxed paper can be placed on top of it inside the container, with the waxed side facing the ice cream. Ice is loosened from the form by holding it under cold, running water a few seconds. If the ice is to be kept for a long period in the freezer, it should be moved from a metal or noble steel container to a plastic one.

- *Re-freezing ice:* Ice once partially unfrozen must never be refrozen.
- *Whisking cream and eggs:* Cream and egg whites that are used whisked have to be completely stiff. Egg whites are always added to the mix as the last ingredient, always after cream has been added. After egg whites have been added, no further whisking or whipping may take place, as this deflates the ice cream mix.
- *Tools:* Ice cream scoopers and similar utensils for serving ice should always be made of metal, and preferably have handles of glycerin. This leads the heat from the hand down into the working part of the tool.

- *Ice makers:* Ice making machines (sorbetières), which stir the ice continuously during the initial freezing, normally alleviate the problem of ice crystal formation. They can be highly recommended for the production of any type of ice. They are relatively cheap and easy to use.
- *Preventing ice crystals from forming:* In order to avoid the formation of ice crystals in the ice cream mix, the initial freezing should take place as rapidly as possible. If a sorbetière is not used, it is important to stir the mixture during the initial freezing period by hand once every hour or half hour, for the first two-three hours of freezing time. Sorbets should be stirred more often than crème ice. During stirring, the frozen flakes formed near the side of the container are loosened, and stirred into the unfrozen center.
- *Sweeteners:* Ice can be sweetened in numerous ways. Refined, white sugar gives a pure, homogenous flavour, while honey leaves a more nuanced trail. Artificial sweeteners can taste a bit chemical, until one gets used to them. The sweetener that best fits with the primary flavour providers should be used. For fruit sorbets honey is usually the first choice. Parfait and crème ice often include mixtures of refined sugar and e.g. acacia honey. This is a matter of personal preference, however.

## Recipes

### Parfait

Roughly translated from French, parfait means “complete”, and this is the classic type of cream-based ice. Egg yolks are whisked with sweetener or tempered sugar syrup to a form of eggnog. This mixture is gently mixed with whipped cream, to which any secondary flavours like chocolate, syrup or fruit has been added. Parfait does not have to be stirred as often during the initial freezing period as crème ice, so it is pretty easy to make at home. The initial freezing time varies depending on the flavour used: Wet fruits such as melon, and alcohol, results in much longer freezing times than the four hours which is standard for a liter of parfait (in a -18° C freezer).

It can be a good idea to use syrups of fruit juice or purée and sweetener as the basis, if fruit is used in a parfait. If not, the parfait can separate under freezing, with the fruit juice in the bottom of the bowl and the cream on top.

The cream can be replaced with other milk-based products, e.g. crème fraîche or yoghurt. Normally at least half the original cream content is preserved, however this is only a guideline. If it is unpractical to whisk the mix during the initial freezing period, the eggnog can be prepared in a water bath, which may not get too warm. The result is a more creamy ice, which does not have to be whisked during freezing (but will still benefit from it).

#### *Basic parfait*

Volume: about 1 liter

Preparation: 10 minutes

Initial freezing: 4 hours

Ingredients:

5 eggs  
½ liter whipping cream (milk fat content at least 30%)  
75 g of sweetener (e.g. half-n-half refined sugar and acacia honey)  
1 tbsp. sugar, e.g. cane sugar.  
Flavouring (fruit, chocolate ...)

Divide the eggs into yolks and whites. Whip the egg yolks foaming with the sweetener. Whip the cream until it is so solid you can turn the bowl upside down over your head and not get a cream hat. Whip the egg whites with the 1 tbsp. sugar. Mix the flavouring into the cream, and gently mix this with the eggnog. Carefully mix the egg whites in. Pour the parfait mix into a form and freeze for four hours. Whisk it thoroughly but gently once every hour or until the mix is solid.

**Crème Ice**

This type of ice is a bit more complicated to produce than parfait, but rarely produces ice crystals. In crème ice the milk can be completely or partially replaced by cream, depending on the desired texture and flavour spread. The egg whites included in the recipe below are optional, however they add air to the mix which increases the softness of the finished ice. Any fruit flavouring and similar is added with the egg whites after about half an hour of initial freezing.

*Basic Crème Ice*

Volume: about 1 ½ liter  
Preparation: 30 minutes  
Freezing: 2-3 hours

Ingredients:

10 egg yolks  
4 egg whites  
250 g sweetener (sugar, honey or a mixture as preferred)  
1 l milk (usually with a fat content of at least 2%)  
250 ml whipping cream (milk fat content at least 30%)  
2-3 vanilla beans

Cut the vanilla beans along the long end and scrape out the seeds. Pour milk in a large pot, and add half the sweetener and the vanilla seeds as well as the bean halves. Heat gently and boil for 1-2 minutes. Take the pot off the heat, remove the bean halves. Let the contents cool down a bit.

Whisk the egg yolks foamy with the other half of the sweetener. Pour 400 ml of the warm milk mixture into the eggnog while whisking. Put the mix back into the pot with the rest of the milk, and warm it gently while stirring it for about a minute, until the mixture starts to thicken to a crème. It must not boil! Let the contents cool down to about room temperature.

Whisk the cream, and mix it gently with the crème. Pour the ice cream into a form. Freeze for half an hour to an hour depending on volume. Whisk the egg whites, and gently mix them with the very cool but liquid ice cream. Keep freezing for 1-2 hours. Gently stir the ice cream 4-5 times during this period, until firm.

### **Sorbet**

A sorbet is a fantastically refreshing dessert, and the perfect finish of a summer dinner. Sorbet is normally based on a single flavour, such as orange, chocolate or rhubarb. It is also possible to combine to equally strong flavours, e.g. apricot and champagne, as long as the two support each other instead of competing.

The most important rule with sorbets, is that the ice should be stirred thoroughly during the initial freezing, to ensure that no large ice crystals form in the water-rich mixture. If the sorbet is to be served as scoops or any other shape, it is a good idea to roll these during the initial freezing period, when the sorbet is sufficiently solid.

#### *Basic sorbet*

Amount: 1 liter

Preparation: 10 minutes

Freezing: 2-4 hours

#### Ingredients:

500 g cleaned fruit

Syrup (made of 100 ml fruit juice or water and boiled for 4-5 minutes with 100 g sweetener).

2 egg whites

2-3 tbs. fresh lemon juice, depending on how sweet the fruit in question is.

Purée the fruit, and mix it with the cooled sugar syrup. Add lemon juice until the right balance between sour and sweet has been attained. Pour the sorbet mass in a bowl – preferably a sorbetière – and freeze it for 2-4 hours, depending on fruit type and sugar content. Whisk the egg whites stiff after ½ hour of freezing, and mix them gently with the sorbet mix. This preserves as much of the entrapped air volume as possible.

### **Sorbet variations**

*Berry- or fruit sorbets:* The basic recipe is good for most types of red fruits and berries, and most tropical fruits. Sorbets based on ingredients with a high water content such as melons, peach or kiwi typically needs less added water (from the syrup), while dry fruits such as raspberry can take a bit more. Very strongly tasting berries like blackberries can benefit from being mixed with 100-200 ml purée of a mildly tasting ingredient, such as apple, to take the edge of the “bite”.

*Spiced and vegetable sorbets:* These are generally used for cleaning the palate between meals, or in cold soups or starters. Typically these are served with finely chopped vegetables or purées.

### **Strawberry Don Karnage**

As mentioned above, ice cream is an excellent medium to work with because of its simplicity. However, it is when several types of ice cream is combined and associated with heaps of nuts, chocolate, marzipan and other ingredients, that the true majesty of the frozen desserts become apparent. The *Strawberry Don Karnage* is my personal favorite dessert. It is hours of work and takes a nifty hand, but on the other hand used a simple mixture of flavouring and is not opulent - and it is well worth the effort. I have never in my life seen a Strawberry Don Karnage not being eaten to the last caramelized crump!



Amount: Should be enough for 12, but fewer have done it in the past ...

Preparation: About 2 hours, plus about 30 minutes at serving time.

Freezing time: Varies with the ices being used, see below.

#### *Ingredients:*

2 liters of Strawberry Parfait\*

2 liters of Strawberry Sorbet\*

50 ml Grand Marnier (orange liqueur, Cointreau can also be used)

50 ml Amaretto (almond liqueur)

2 kilos of fresh strawberries

2 lemons

\* Both frozen in a circular, flat bottomed container about 30 cm in diameter. Both should be about 5-7 cm tall.

#### *Caramelized nut crusts:*

250 g hazel nuts

250 g almonds

300 g unrefined cane sugar

300 g butter

6 tbsp light cream (9-13% milk fat content)

3 tbsp wheat flour

#### *Serving:*

½ kilo marzipan

150 g hazel nuts

150 g walnuts

250 g dark chocolate

250 g white chocolate

*Nut crusts:* Mix the hazel nuts and the almonds, and chop them finely, preferably using a blender. Put the butter in a large pot, and heat gently until the butter is half melted. Keep the temperature low. Add the chopped nuts and the rest of the ingredients, and mix them in the pot. Heat the mixture until it is boiling lightly. Simmer for 2-3 minutes, until the sugar has melted and the mixture is thick and sticky. Leave to cool off until it has reached a temperature where it is manageable by hand.

Take a large chopping board, and cover it with cling wrap. Add one third of the mix, and put another layer of cling wrap on top of it. Using a roller, flatten the mix until it is about 5 mm thick. Transfer it to a circular oven tray covered with baking paper, with a diameter of 30 cm. If you do not have a tray of the right size, you can make one using foil wrap: Wrap the foil around a plate, and make sure to thicken the sides a bit. Bake each nut crust for approximately 8 minutes at 200 degrees. They are ready when slightly brown at the sides and near the center. Let the crusts cool and solidify in the trays.

*Assembly:* Chop the hazel nuts and walnuts finely. Chop the two varieties of chocolate. Clean the strawberries, saving a few with tops on for decoration. Place the strawberries in a bowl and cover them with juice squeezed from the lemons, Amaretto and Grand Marnier. Leave in the fridge for an hour. Between two layers of cling wrap, roll out the marzipan so that it forms a long belt, about 15 cm high and long enough to be wrapped around the side of the nut crusts.

In a suitable serving tray, place one of the nut crusts on the bottom. You may want to fasten it with a bit of melted chocolate, to make sure the dessert does not careen around the serving tray. On top of the crust, place the strawberry parfait. Add another crust, then the strawberry sorbet. Add the top crust. Wrap the marzipan around the dessert so that it covers all the way from the bottom crust to the top one. Sprinkle chopped nuts and the two chocolates in a circular pattern on top. Add strawberries as necessary. Leave the assembled dessert for about half an hour in the fridge, check the consistency of the ice creams by sticking a thin knife through the marzipan. If still solid, wait another 15 minutes. Use a large, sharp chefs knife to cut the dessert.

Serve with the Grand Marnier/Amaretto marinated strawberries and a chilled Sauternes, sparkling wine or brandy. Alternatively, the marinade from the strawberries can be poured through a sieve to remove any seeds, shaken with ice and mixed with soda water or lemonade for a refreshing side cocktail.

May the summer be long but not too hot! I wish you all the best with your experimentation.

**About the author:** Anders Tychsen is a Danish dessert chef turned Queenslander for three years while completing his PhD. In 1999, at the age of 21, his first cooking book “Ice” was published in Denmark - one of very few books dedicated solely to ice cream and all the delicious things that accompany it. Besides frozen desserts, Anders Tychsen works with cocktails and bartending, and has designed recipes for e.g. the Scandinavian vodka brand Danzka. He is currently working on a cooking book for students.



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