



STRAWBERRIES

TIP

Store your strawberries in the fridge, flat on a plate so that they don't crush each other. They will last better this way. Take your strawberries out of the fridge an hour before eating so they are room temperature!

HINT

Never wash your strawberries before refrigerating, they'll go soggy. Give them a very quick rinse under cold water just before using them and don't let them soak!

FACT

Did you know strawberries are an especially tasty source of vitamin C? Handle your strawberries with care as they bruise easily and that will not only affect their flavour but also vitamin content.

Easy Strawberry Ice Cream (V) (Gf)

This easy strawberry ice cream is made using just three ingredients! Simple to make and full of fresh strawberries.

You will need (for four):

300ml double cream

250g strawberries, stalks removed

150g icing sugar

Blend the strawberries until you have a smooth puree. Whisk the cream and icing sugar together until you have soft peaks then stir through the strawberry puree. You can either mix it in completely or partly for a ripple effect. Either put the mixture in an ice cream machine until frozen, or into a Tupperware container and into the freezer until set. If you put it in the freezer you will need to take it out every few hours and mix it with a fork. Keep back some whole or halved strawberries to mix in before you freeze to give some indulgent lumps of berry goodness to your ice cream.

