



Condensed Milk and Plum Jam Ice Cream

Ingredients

600mL thickened cream

395g can reduced sugar condensed milk

1 tablespoon vanilla bean extract with seeds

250g plum jam (see the Cook's Notes below for a recipe to make your own)

Wafer sticks, to serve

Toasted sliced almonds, to serve

Method

1. Place the thickened cream in the bowl of your stand mixer and whisk until the cream starts forming stiff peaks. It is best if you start on a low speed so you won't have the cream splatter everywhere before increasing the speed to a high setting.
2. Add the condensed milk and vanilla to the cream and whisk for a couple of minutes until it is well combined. Pour into a freezer safe container which has an airtight lid.
3. Place large dollops of the jam into the cream mixture. Use a bamboo skewer to gently swirl the jam through the ice cream. Seal and freeze for at least 8 hours or until solid.
4. To serve, remove the container from the freezer and stand at room temperature for a few minutes. Scoop the ice cream into waffle cones or latte glasses and finish off by adding a wafer stick or sprinkling toasted sliced almonds over the top.

Cook's Note

To make your own plum jam, place 3 cups water into a medium heavy based saucepan along with 1kg of normal white sugar. Stir over a medium-high till the sugar dissolves then lower the heat a little and allow the mixture to simmer for 5 minutes.

Add 1kg plum quarters (seed already removed so you have 1kg of clear fruit going into the pot), 1 star anise, 1 cinnamon stick, 3 whole cloves and 5 whole black peppercorns to the sugar syrup. Allow the mixture to simmer over a medium heat, without stirring, for about 15 minutes at which time the fruit should be cooked and the syrup should be a sauce like thickness.

Add 1 teaspoon of freshly squeezed lemon juice and a 5cm piece of lemon rind to the mixture. Allow the mixture to simmer for a further 10 minutes before placing the hot mixture into hot sterilised jars, making sure the fruit is completely covered by syrup. Place the lids on the jars and turn them upside down to allow the lids to seal properly. Leave the jars undisturbed in this manner until they have completely cooled before turning them upright, testing to see the lids have sealed properly and placing them in a dark place to enjoy at a later time. The jam will keep for several months in this manner however if you do open a jar, be sure to place it in the fridge after that time.

You can substitute any jam in this recipe – strawberry, raspberry, fig...whatever takes your fancy!