



Salted Gooseberry Kulfi

Cumin, ginger & mint

Kulfi is an Indian style of ice-cream and something dear to my heart. Dad bought me my first kulfi 'cone' from a street-vendor in Connaught Circus, Delhi, back in the late '70's. Bang; hooked!

Serves 4 to 6

Ingredients

350g, fresh picked gooseberries, top and tailed
50g white caster sugar
½ tsp fresh ground cumin
20g fresh ginger, finely grated through a micro-plane
½ scant tsp best sea salt, and a little more to garnish
1 tsp cumin seeds, toasted
1 tin, 397g condensed milk
250g, double cream
1 egg (large), white only, whipped to 'stiff peak' stage

Garnish

Small handful fresh mint leaves, sliced thinly to ribbons

Method

1. Pop the gooseberries into a small saucepan with the sugar, ground cumin, ginger and a splash of water, heat until they just begin to burst, then remove from the heat and mash. Add the salt, stir and set aside to cool completely.
2. Take a large mixing bowl, add the gooseberry purée, condensed milk, cream and whip-up until you see 'ribbons' in the mixture, maybe 3 to 4 minutes; I'd recommend using an electric hand whisk if you have one.
3. Fold the egg-white and toasted cumin seeds gently through the creamy mixture with a spatula until all ingredients are combined and you have a thick, sticky 'mousse'
4. Pour the mixture into a suitably sized bowl or tub, cover with a tea towel and set aside in your freezer to set for at least 6 hours or overnight.

Assembly

- Remove from the freezer and ball. Serve with fresh mint and the smallest pinch of sea salt. For added indulgence, dress the kulfi with a generous dollop of Greek yoghurt, lemon curd and toasted, chopped almonds.
- For the super adventurous, replace the ground cumin with a scant teaspoon of 'jal jeera' spice blend. And for pure decadence, do not use the ground cumin adding a good pinch of saffron threads instead.

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T: +353 (0)21 463 7960, M: +353 (0)86 833 1030, E: eatwell@greensaffron.com, W: www.greensaffron.com.

Unit 16 Nordic Enterprise, Knockgriffin, Midleton, Co Cork, Ireland