

Recipe No. 42/2016

Rotweines

Red Wine Ice cream

A few months ago, Thermomix Cape Town held a very successful German cooking class. This class was led by Mecky, herself German and a Thermomix team leader. One of the very decadent recipes we're sharing with you this week is for Red Wine Ice-cream. As in most cooking, a better quality wine brings a better result.

NB: Suitable for both TM5 and TM31

Serves: 8
Active time: 30 minutes
Total time: 24 hours

Ingredients

600 g red wine, good quality
1 vanilla pod
130 g sugar
250 g cold butter, cut into pieces
2 eggs



Method

1. Weigh 400 g of the wine into the TM bowl. Cook **10 – 15 min/Varoma/speed 2 without MC** on to reduce. Set aside and cool down to room temperature.
2. Pour remaining wine into mixing bowl. Add vanilla pod and sugar. Heat **5 min/100°C/speed 2**. Add butter and mix **20 sec/speed 5**.
3. Add reduced wine (about 230 g) and heat **5 min/70°C/speed 3**. In the first 2 minutes of the cooking, add both eggs, one after the other through the hole in the lid. Pour mixture into ice trays. Allow to cool then freeze.
4. Taking one half of the frozen mixture, blend **20 sec/speed 7** assisting with the spatula. Place into a freezing container. Repeat for the other half.
5. Freeze for at least another 2 hours. The ice-cream does not crystallise but remains light and creamy and can be scooped when required.

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