



NC Summertime Recipes

CATEGORY

ICE CREAM

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Recipes



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ICE CREAM SANDWICH DESSERT

ANN CRANE
PLEASANT GARDEN, NC

This yummy recipe was given to me by my friend Doris. She's one of the best cooks I know. It's like an ice cream sundae...only sliced and eaten like a cake.

Place 12 ice cream sandwiches in a single layer in a 13"x11" aluminum foil baking pan. Spread half of whipped topping over sandwiches. Drizzle pineapple or strawberry topping over whipped topping. Place remaining sandwiches on top; spread with remaining whipped topping. Garnish with caramel topping, chocolate syrup, nuts and cherries. Freeze until serving. Cut into squares.

Serves 24 to 28.

**24 ice cream sandwiches,
unwrapped**

**16-oz. container frozen
whipped topping,
thawed**

**1/3 to 1/2 c. pineapple or
strawberry ice cream
topping**

**Garnish: caramel
topping, chocolate
syrup, chopped nuts,
maraschino cherries**

"Three" Ice

3 ripe bananas
3 oranges
3 lemons

3 cupsful water
3 cupsful sugar
3 egg whites

Put bananas through press (ricer). Extract orange and lemon juices. Boil sugar and water ten minutes and when cool add fruit and juice. Pour into freezer, add egg whites, beaten stiff. Freeze. Yields 2½ quarts.

Mrs. Eugene L. Michel
St. Charles, Minnesota

CHEERWINE ICE CREAM

*In Memory of Leon Thomasson
Chairman of Yadkin County School Board 1970*

2 (12-oz.) cans Cheerwine
3 bananas, mashed
4 eggs
2 c. sugar
1 tsp. vanilla

1 can evaporated milk
2 pts. half-and-half
1 pt. heavy cream
Whole milk

Mix all ingredients together. Pour into freezer and fill remainder of freezer with whole milk according to directions. Freeze according to directions.

HOMEMADE FROSTY ICE CREAM

Kathy Pinnix Nixon

½ gal. chocolate milk
1 lg. can evaporated milk
1 lg. can Eagle Brand milk

¼ c. chocolate syrup
8-oz. ctn. Cool Whip

Mix together and freeze in electric ice cream freezer. Makes 1 gallon.

COOKIE ICE CREAM

1 can Eagle Brand condensed milk
3 egg yolks
1 pt. whipping cream, whipped

4 tsp. vanilla flavoring
1 c. coarsely chopped chocolate
sandwich cookies

Mix and freeze.

Note: For Peach Ice Cream, substitute 1 teaspoon almond extract for the vanilla and 4 ripe peaches, mashed, for the cookies. Mix and freeze.

Carroll Kay Williams

ANGEL FOOD ICE CREAM

Whites of 3 eggs, beaten stiff and dry, add 1 c. powdered sugar, continue beating until well mixed with egg whites. Whip 1 qt. of cream, fold whipped cream into egg and sugar mixture, add 1/2 tsp. vanilla. Pack in pound can. Fill very full. Place sheets of buttered paper over top, put on lids, pack in ice and salt and let stand 2 hrs. or more. Use equal parts of salt and ice. Fruit or nuts may be added.

Loafers' Lemon Lotus Ice Cream

First tasted at Justine's in Atlanta.

4 quarts half and half
6 cups plus 7 tablespoons sugar
Grated rind of 10 lemons
2 cups lemon juice

2 teaspoons vanilla extract
1 teaspoon almond extract
2 cups chopped almonds, lightly toasted

A day ahead of serving, combine all of the ingredients except the almonds. This allows the flavors to blend. Add the nuts just before freezing. Pour the mixture into a freezer and prepare according to the manufacturer's directions.

Serves 8 to 10.

Nancy Clark—Greensboro, North Carolina

Siler City Peach Cream Freeze

Sweeter than a spoonful of honey.

- | | |
|---|----------------------------|
| 1 21-ounce can peach pie filling | ¼ cup lemon juice |
| 1 14-ounce can sweetened condensed milk | 1 cup chopped pecans |
| 1 20-ounce can crushed pineapple, drained | 1 8-ounce carton Cool Whip |

Combine all of the ingredients, adding Cool Whip last. Freeze the mixture until firm.

Serves 6 to 8.

Vickie Russell—Siler City, North Carolina

ICE CREAM TOPPING

Joyce Cantrell

18 peaches
5 oranges or (No. 2) can
crushed pineapple
Sugar

1 c. crushed maraschino
cherries
1 sm. can pecans

Mash peaches and pineapple to a pulp and add 1 1/2 times as much sugar as the fruit pulp. Cook until syrup sheets from spoon. Add cherries and nuts. Seal in hot glasses or jars. Yield: 12 (6-ounce) jars.

Chocolate Mint Freeze

- 1½ c cold milk
- 1 (3.9oz) instant chocolate pudding mix
- ½ c miniature semisweet chocolate chips
- 1 c heavy whipping cream
- ¼ t peppermint extract

Whisk milk and pudding mix for 2 min.; let stand 2 min. or until soft-set. Stir in chocolate chips. In a small bowl, beat cream until it begins to thicken. Add peppermint extract; beat until soft peaks form. Fold into pudding.

Transfer to an ungreased 8 in. square dish. Cover and freeze for 2 hours or until firm. Remove from freezer 15 min. before cutting.

Yield: 9 servings

Hot Fudge

(to be used over vanilla ice cream)

1-3/4 cups sugar

1/2 cup milk

6 tbsp. melted butter

6 tbsp. cocoa or two squares chocolate

1/2 tsp. salt

2 tbsp. white corn syrup (Add 1 tsp.
vanilla when through cooking)

Mix these ingredients and boil 2 minutes or
until glossy. Can be stored in the
refrigerator.

Bertha Triplette

Sweet Potato Pie Ice Cream Sundae

Makes 4 sundaes

IN THE BEGINNING, our dessert program relied on good ideas and not honed techniques, so we worked with what we did well: ice cream. This whimsical dessert reminds people of a cross between sweet potato casseroles with marshmallow and sweet potato pie, but in the fun form of a sundae.

Note: You're going to need a blowtorch and a candy thermometer for this one—two things every aspirational home kitchen should have, but not many do.

4 cups Sweet Potato Ice Cream	<i>Sweet Potato Ice Cream</i>	1 can evaporated milk
1 cup Salted Orange Caramel	3 tablespoons butter	1 pound roasted sweet potatoes (about 2 cups)
1 cup Salt-and-Butter-Roasted Pecans (page 134), roughly chopped	1 teaspoon lime zest, removed with a Microplane	¼ cup light brown sugar
1½ cups Toasted Meringue	½ teaspoon cinnamon	¼ cup maple syrup
	¼ teaspoon nutmeg	2 teaspoons vanilla bean paste or the insides of 1 vanilla bean, scraped
	¼ teaspoon salt	
	1 can sweetened condensed milk	

Make the ice cream: In a small heavy-bottomed skillet or saucepan, heat the butter till it's melted and foaming. At this point, start watching it closely and swirling it around. The foam will subside and you'll start to see little brown bits at the bottom of your pan. Once you notice that beginning to happen and the butter starts to smell nutty, let it go just a little longer, maybe 10 seconds. Remove it from the heat and immediately add the zest, cinnamon, and nutmeg.

In a powerful blender, combine all the ingredients and blend everything till it's



super-smooth. Transfer the mixture to the refrigerator and chill overnight.

The next day, freeze it in your ice cream machine and transfer it to your freezer for 2 hours to firm up. Then make the caramel and the meringue.

Assemble and serve: In a sundae glass or a bowl, drop a giant 8-ounce scoop of ice cream. Drizzle caramel over top and sprinkle with roasted pecans. Spoon a big dollop of the meringue on top of that and toast with a blowtorch. Finish with a few more pecans if you like. Serve immediately.

Salted Orange Caramel

Makes 1 cup

½ cup heavy cream	1 cup granulated sugar
Zest of 2 oranges, removed with a Microplane	½ cup orange juice
	½ teaspoon salt

Heat the cream and the zest in a small saucepan to just below a boil. Remove it from the heat and let it steep for 15 minutes.

In a 2-quart saucepan, combine the sugar and orange juice. Dissolve the sugar before it comes to a boil. Once it boils, don't continue to stir it, as that can make your caramel grainy. Keep your eye on it. Once the sugar starts to turn amber, swirl the pan so the amber begins to spread.

Watch this closely and swirl till all the sugar is amber. Remove it from the heat and whisk in the warm heavy cream. Be careful because it will bubble up quite a bit. Stir in the salt and let it cool to room temperature. This will keep refrigerated for up to 2 weeks.

Toasted Meringue

Makes 2 cups

½ cup plus 1½ teaspoons granulated sugar, divided	3 tablespoons water
	1 egg white, at room temperature

In a small saucepan, combine ½ cup sugar and the water. Bring it up to a boil and cook until your candy thermometer reads 220°F.

Meanwhile in a mixer fitted with the whisk attachment, beat the egg white on medium-high speed until foamy. Slowly add the remaining 1½ teaspoons sugar and whisk until you achieve soft peaks. With the mixer running, slowly add the hot sugar syrup. The whites will get glossy. Continue whisking until stiff peaks form. This will keep refrigerated for 12 hours.



Peanut, Pepsi, and Bourbon Float

Serves 4

FROM THE TOBACCO FIELD to a swanky dining room, our region's work snack is now a tall glass of fabulous. This foaming spectacle of sweet, salty, creamy, crunchy, and boozy is the gold standard of ice cream floats.

2 cups Peanut Ice Cream
16 ounces Pepsi
4 ounces bourbon (optional)

Peanut Ice Cream
Makes 1 quart
1 cup milk
2 cups heavy cream
3 cups salt-roasted peanuts, divided

8 egg yolks
A tiny pinch salt
1 cup granulated sugar
1 teaspoon vanilla extract

In a 1-quart container with a lid, stir together the milk, heavy cream, and 1½ cups of the peanuts. Tuck this in the refrigerator overnight. Roughly chop the remaining peanuts and set aside.

The next day, whisk together the egg yolks, salt, sugar, and vanilla extract in a medium bowl. In a 2-quart saucepan, heat the heavy cream and peanut mixture to just under a boil. Slowly whisk half of this mixture into the yolks, taking care not to scramble them. Transfer the tempered yolks to the saucepan, and, stirring the whole time, cook until the mixture thickens slightly and coats the back of a spoon.

Strain it all through a fine-mesh sieve and discard the tired peanuts. Chill the ice cream base thoroughly—ideally overnight. Freeze the ice cream in your ice cream machine according to the manufacturer's

instructions. During the last few minutes of freezing, pour in the chopped peanuts. Let this ice cream spend at least 3 hours in your freezer before serving.

To serve, chill 4 glasses. Drop a nice scoop of Peanut Ice Cream in the bottom of the glass, top with roughly ¼ cup Pepsi, and finish with bourbon to your liking.



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