



Recipe from: [My Catholic Tradition](#)

Blackberry Ice Cream

SERVES FOUR TO SIX

5 cups blackberries, hulled, plus extra to decorate (fresh or frozen)

6 tbsp caster (superfine) sugar

1 1/4 cups whipping cream

Crisp dessert biscuits (cookies), to serve

Put the blackberries into a pan.

Add 2 tbsp water and the sugar.

Cover and simmer for 5 minutes, until just soft.

Transfer the fruit into a sieve placed over a bowl.

Press it through the mesh, using a wooden spoon.

Leave to cool and then chill.

Whip the cream until it is just thick but still soft enough to fall from a spoon.

Mix it with the chilled fruit purée.

Pour the mixture into a freezer proof container.

Freeze for 2 hours, or until it is part frozen.

Mash the mixture with a fork or process it in a food processor to break up the ice crystals.

Return it to the freezer for 4 hours more, mashing or processing the mixture again after 2 hours.

Scoop the ice cream into dishes.

Decorate with extra blackberries.

Serve with crisp dessert biscuits, such as shortbread or almond biscuits.