



Recipe from: [My Catholic Tradition](#)

Damson Water Ice

Damsons, the edible drupaceous fruit of the cultivated variety of the plum tree, are sharp and full of flavor. If you can't find damsons, use another deep-red variety of plum or extra-juicy Victoria plums.

SERVES SIX

1 1/2 lb ripe damsons, washed
3/4 cup caster (superfine) sugar
1 tbsp toasted almonds, chopped

Put the damsons into a pan and add 2/3 cup water.
Cover and simmer gently for 10 minutes, or until the damsons are tender.
Pour 1 1/4 cups water into a second pan.
Add the sugar and bring to the boil, stirring until the sugar has dissolved.
Pour the syrup into a bowl, leave to cool and then chill.
Break up the cooked damsons in the pan with a wooden spoon and scoop out any free pits.
Pour the fruit and juices into a large sieve set over a bowl.
Press the fruit through the sieve.
Discard the skins and any remaining stones from the sieve.
Pour the damson purée into a shallow plastic container.
Stir in the syrup and freeze for 6 hours, beating once or twice to break up the ice crystals.
Spoon into tall serving glasses or dishes and serve the water ice with wafers.
Serve sprinkled with finely chopped toasted almonds.

Variation:

Apricot water ice can be made in exactly the same way. Flavor the water ice with a little lemon or orange rind or add a broken cinnamon stick to the pan when poaching the fruit. Serve garnished with sprigs of mint or nasturtium flowers.