



Pink Grapefruit & Passionfruit Ice Cream

This is a variation on a sherbet recipe I've made with all sorts of different fruits. I like the tang of grapefruit with the sweetness of passionfruit ... a combination I came up with as an excuse to try an unusual syrup; fassionola is a sugar syrup flavoured with passionfruit and other tropical fruits. It was popular in 1930s America as a punch base and in tiki drinks, colourful rum-based fruit cocktails such as the piña colada. It's often red or green, but I prefer the less common pale natural version. You could use a plain sugar syrup instead, made by dissolving sugar in an equal volume of water. I'm going through a bit of a grappa phase at the moment and enjoyed a nip of Marolo Grappa di Nebbiolo with this very much.

Serves 6

METHOD

1. Scoop the flesh and seeds out of the passionfruit into a fine sieve over a bowl.
2. Press gently with a spatula to extract as much juice as possible without crushing the seeds; set the seeds aside.
3. Add grapefruit juice, sugar syrup and glucose to the passionfruit juice and whisk until glucose is dissolved.
4. Add crème fraîche and whisk to combine well.
5. Churn in an ice cream machine until frozen.
6. Add passionfruit seeds, churn for a minute or so to distribute the seeds, then transfer to a container and place in the freezer for a few hours or overnight.
7. Serve on its own, topped with extra passionfruit or in waffle cones.

INGREDIENTS

- 4 passionfruit, plus extra for serving if you like
- $\frac{3}{4}$ cup pink grapefruit juice
- $\frac{1}{2}$ cup fassionola sugar syrup
- $\frac{1}{4}$ cup glucose syrup
- 200ml crème fraîche