

Sweet recipes

Honey ice cream

Prep time: 20 minutes, plus freezing

Serves 4-6

Ingredients

300ml of double cream

6 tablespoons of clear honey

150ml of plain yoghurt

1 egg

You will need

2 medium bowls

Rotary hand whisk

Fork

Tablespoon

900g loaf tin

1. Put the cream into a bowl and using a rotary hand whisk, whisk it until soft peaks form.
2. Add the honey and yoghurt and whisk once again until the mixture is smooth and evenly combined.
3. Ask an adult to separate the egg yolk from the white for you. Add the egg yolk to the bowl of mixture. Put the egg white in another bowl and keep for later. Whisk the egg yolk into a creamy mixture.
4. Turn the mixture into the loaf tin and freeze for about an hour until the mixture begins to set around the edges.
5. Spoon the ice cream into a bowl and break it up finely with a fork. Whisk the egg white in another bowl until stiff. Add the egg white to the ice cream and whisk together until well combined.
6. Return the mixture to the loaf tin and freeze again for at least 4 hours before serving.

Sweet recipes

Honey apples

Prep time: 15 minutes

Cooking time: 45-50 minutes

Makes 4

Ingredients

4 medium cooking apples

4 tablespoons of orange juice

3 tablespoons of clear honey

8 marshmallows

You will need

Baking paper

Shallow ovenproof dish

Apple corer

Chopping board

Knife, for cutting

Small saucepan

Tablespoon

1. Heat the oven to 190c / gas mark 5. Use a sheet of baking paper to line the dish.
2. Remove the cores from the apples, but do not peel them. Make a shallow cut into the skin all the way round the centre of the apple. Ask an adult to do this by placing the apple on its side, holding the knife above it and rolling the apple whilst cutting into it. This will help the syrup coating stick to the apple.
3. Place the apples stalk end down in the dish.
4. Heat the honey and orange juice together in the saucepan until they have melted, then spoon the syrup over the apples.
5. Push some marshmallows into the middle of each apple.
6. Cook in the pre-heated oven for up to 50 minutes, spooning the liquid over the apples twice during the cooking.
7. Take the dish of apples from the oven, using oven gloves. Top each apple with a marshmallow. Leave them to cool for a few minutes before serving.