

THE MILLENNIAL COOK
FARIHA AMBER



Ice cream bonanza: Our favourite recipes

If there is one food that people of all ages unanimously like, it has to be ice cream. Whether to replenish your soul on a sultry summer day or to satiate your cravings on a cold winter night, ice cream never fails to satisfy the heart.

While ice cream is good enough to be served as it is, it can also be used as a component to create stunning drinks and desserts. Additionally, using already prepared ice cream slashes the preparation required by half!

ICE CREAM TERRINE

Ingredients
½ litre chocolate ice cream
½ litre strawberry ice cream
½ litre butterscotch ice cream
200g dark chocolate
1 cup strawberry
1 tbsp sugar

Method
Work with one ice cream flavour at a time – defrost the chocolate flavour slightly so that it has the consistency of a soft serve and pour it in a large dish before letting it freeze again. Meanwhile, melt the chocolate in a microwave, stopping and stirring at 30-second intervals for three minutes. Once slightly cooled, pour the molten chocolate over the layer of ice cream and let it chill.

After that, pour in the butterscotch flavour following the same process. Meanwhile, puree the strawberries and sugar to a thick consistency and pour over



the second layer. Let it freeze slightly and finally drop in the third layer of ice cream. Drizzle over streaks of molten chocolate and strawberry, and let this brick of velvety deliciousness chill overnight.

BANANA SPLIT

Ingredients
1 large ripe banana
1 scoop strawberry ice cream
1 scoop chocolate ice cream
1 scoop vanilla ice cream
¼ cup pineapple chunks
2 tbsp chocolate syrup
2 tbsp caramel sauce
½ cup whipped cream
2 tbsp crushed peanuts
3 maraschino cherries

Method

Split the banana in half lengthwise and place them in a dish. Arrange the scoops of ice cream in between them. Scatter the pineapple chunks and peanuts over them and drizzle with chocolate

together and keep aside. Mix the butter with two types of sugar to form a smooth mixture. Crack in one egg and drop in vanilla essence and food colour, and mix well. Next, add in the flour mixture to form a dough and leave it to refrigerate for 30 – 40 minutes.

After that, form them into discs and bake them in a preheated oven at 180°C for ten minutes. Let them cool before popping a scoop of vanilla ice cream in between two discs of cookies to form ice cream sandwiches.

STRAWBERRY CHEESECAKE SHAKE

Ingredients
2 scoops strawberry ice cream
1 cup milk
½ cup strawberries
60g cream cheese
Whipped cream

Method

Blend all the ingredients together until it becomes a thick and creamy mixture. Pour in a serving glass and top with whipped cream, fresh strawberries, and a dusting of biscuit, reminiscent of a cheesecake.

MINT CHOCOLATE CHIP MILKSHAKE

Ingredients
2 scoops mint ice cream
1 cup milk
1 tbsp chopped fresh mint
2 tbsp chocolate chips
Whipped cream

Method

Blend the ice cream, milk, mint, and chocolate chips together until you get a homogenous mixture. Pour it in a serving glass and top with whipped cream. Garnish with a sprig of mint and shaved chocolate on top.

BANOFFEE MILKSHAKE

Ingredients
2 scoops vanilla ice cream
1 cup milk
1 ripe frozen banana
2 tbsp caramel sauce
Whipped cream

Method

Blend all the ingredients together until you get a smooth and creamy mixture. Drizzle the inside edges of your serving glass with caramel sauce and pour in the milkshake. Top with whipped cream and more caramel sauce atop.

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Food and Photo: Fariha Amber



syrup and caramel sauce. Finally, top them off with whipped cream and place the cherries on top!

RED VELVET ICE CREAM SANDWICH

Ingredients
1½ cups flour
1 tbsp cocoa powder
½ tsp baking soda
½ cup softened butter
4 tbsp brown sugar
1/3 cup caster sugar
1 egg
1 tsp vanilla extract
1 tbsp red food colour
1 litre vanilla ice cream

Method

Sift flour, cocoa powder, and baking soda

