Ice cream Popsicles

Ingredients

**Fruit coulis**

120 g fresh or frozen fruit of choice   
(raspberries, strawberries, blueberries, blackberries)  
1 tbsp caster sugar  
1 tbsp lemon juice

**Ice cream**

120 g whipping or double cream  
60 g sweetened condensed milk  
60 g evaporated milk  
1/4 tsp pure vanilla paste  
  
**Chocolate Coating**

200g dark or milk chocolate (dark, milk or white)

**Method:**

1. Place the ice cream mould on a tray that fits into your freezer.

**Fruit coulis:**

1. In a small saucepan, add the fruit and sugar. Bring to a simmer over medium-high heat. The mixture will begin to boil, turn it down to medium heat. Continue to simmer for about 5 minutes, stirring the mixture often.
2. Once the fruit has broken down and softened, turn off the heat – this will take a few minutes longer if using frozen fruits. Transfer the mixture to a blender or food processor and pulse until it reaches a smooth sauce consistency.
3. Strain the mixture through a strainer into a pouring jug and add 2-3 tablespoons of filling to the bottom of each mould and then place in the freezer for 30 minutes.

**Ice cream:**

1. In a mixing bowl, whisk the cream until soft peaks form. Then add the condensed milk, evaporated milk and vanilla paste. Whisk until smooth and creamy.
2. Remove the mould from the freezer and insert the wooden lolly sticks. Fill the moulds with the ice cream mix and transfer to the freezer for 3-4 hours, until completely set.

**Coating:**

1. Once frozen, carefully remove the ice-creams from their moulds and place them back into the freezer on a tray lined with baking paper until ready to coat.
2. Melt the chocolate in a heat-resistant bowl over a small pan of simmering water (double boiler). Pour the melted chocolate in to a tall glass/bowl and dip each ice cream in it. At this stage they can be decorated with crushed biscuits, freeze dried fruit or drizzled with melted chocolate.
3. Put the ice creams back on the tray to set in the freezer for 10 minutes before serving or store in an airtight container for up to 3 months.