



Mixed Berry Ice-Cream Pudding With Raspberry Coulis



Serves
10

Ingredients

- 300g bag Creative Gourmet frozen Mixed Berries
- 2 tablespoons icing sugar,
- 1 ½ x 400g packets sponge jam rolls, cut into 1cm-thick slices
- 2 litres dairy milk chocolate chip ice-cream
- Extra Creative Gourmet frozen Mixed Berries, to serve (optional)
- Raspberry Coulis (makes 300ml)
- 500g Creative Gourmet frozen Raspberries
- 1/3 cup caster sugar

Method

1. Place frozen berries into bowl. Sprinkle with icing sugar and set aside to thaw. When just tender, roughly crush berries with a fork.
2. Meanwhile, line a 2 litre (8-cup) mixing bowl or pudding bowl with plastic wrap. Reserve 8 slices sponge roll. Line the sides and base of the pudding bowl with remaining sponge slices.
3. Place ice-cream in a large bowl and set aside to soften slightly. Fold crushed berries into ice-cream. Spoon into prepared bowl. Smooth surface and top with remaining sponge slices to seal. Cover with plastic wrap and freeze overnight.
4. To make raspberry coulis, place frozen raspberries and sugar into a medium saucepan. Heat, stirring often, over medium heat until bubbling. Reduce heat and simmer for 3-4 minutes until tender. Remove from heat, set aside to cool. Press raspberry mixture through a sieve to strain. Place coulis into an airtight container. Chill until ready to serve.
5. To serve, remove pudding from freezer and stand for 10 minutes then turn pudding onto a serving plate (remove plastic wrap). Drizzle with a little raspberry coulis, decorate with extra berries if using. Slice and serve with raspberry coulis.

Tips:

- ☆ Use plain sponge jam roll – without a cream filling.
- ☆ To quickly defrost berries, place in a shallow microwave safe dish and microwave in burst of 30 seconds until just tender.
- ☆ Make the pudding and the coulis up to 3 days before serving.
- ☆ If it's difficult to remove from the bowl, gently loosen the sides with a blunt knife.
- ☆ A 500g bag Creative Gourmet frozen Mixed Berries is ideal as you will have sufficient berries to make plus decorate the pudding.
- ☆ Health tip – Use low fat icecream and sugar substitute in the coulis Per Serve: 1700kj, protein 7.5g, total fat 8.3g (sat. fat 5g), cholesterol 34.8mg, carbs 80g, fibre 4.8g, sodium 234mg. Glycemic index estimate: medium.

Per Serve:

☆ 2125kj, protein 8.3g, total fat 17.9g (sat. fat 11.1g), cholesterol 50.7mg, carbs 81g, fibre 4.8g, sodium 233mg. Glycemic index estimate: medium.



Products Used In This Recipe