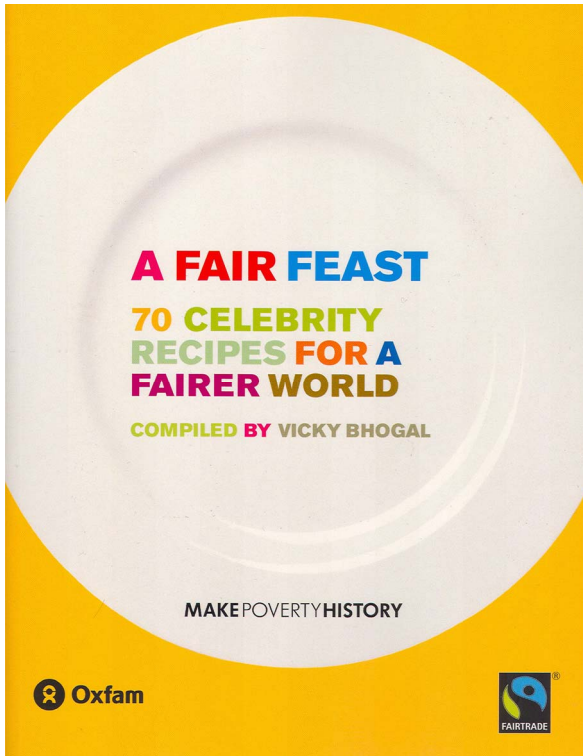


## Spiced Winter Fruit with Nutmeg Ice Cream

I thoroughly agree with the fair trade initiative and look forward to seeing more products being added to the list. I have supported Oxfam for over 20 years and feel any tiny thing, done in the correct way, to redress the balance between western excess (of which I am a happy beneficiary) and Third World poverty makes the world a better place. My recipes are extremely simple, I hope they are enjoyed.

**SERVES 6**



### FOR THE SPICED WINTER FRUIT:

100g dried apricots  
100g prunes  
100g dried figs  
50g dried cranberries  
2 Fairtrade Earl Grey teabags  
½ teaspoon ground mixed spice  
100 ml cranberry juice or Fairtrade orange juice  
2 tablespoons Fairtrade Demerara sugar  
50g finely chopped crystallized ginger

1. Put the fruit, mixed spice and tea bags in a large bowl, cover with boiling water. Leave to infuse for 10 minutes.
2. Remove the teabags and leave the mixture to stand overnight or for a minimum of 6 hours
3. Strain the liquid from the fruit into a saucepan; add the cranberry or orange juice, sugar and ginger. Put on the heat and boil for about 10 minutes or until the liquid becomes syrupy, add the fruit to the mixture and heat through, this will take about 5 minutes.
4. You can serve this either hot or cold with nutmeg ice cream or cream.

### FOR THE NUTMEG ICE CREAM:

(An ice-cream maker is essential for this recipe. I used the Gelato Chef 2000 from Magimix)

5 egg yolks  
100g caster sugar  
250ml milk  
½ tsp nutmeg  
250ml Jersey cream

1. Using your electric whisk, beat the egg yolks and sugar together until they are almost white.
2. Gently heat the milk and nutmeg, but don't boil, remove from the heat. Slowly pour about a third of the milk into the egg and sugar mixture, stirring with a wooden spoon. Pour back into the pan. Place on a gentle heat and stir continuously until it coats the back of the spoon. Remove from the heat. Strain into a bowl and leave to cool.
3. Add the cream and whisk until it is completely mixed. Churn in an ice cream machine until thick, about 30 minutes, then freeze.