

Semi-Dried Fig Ice Cream

with Crème Brûlée, Super Seeds Granola Bar, and Lentil Shortbread

Semi-Dried Fig Ice Cream

YOU WILL NEED

300ml Milk

285ml Cream

115g Sugar

1 Vanilla pod

3 egg yolks

60g Semi dried fig pieces (NPD)

PROCEDURE

1. Heat the cream and milk in a saucepan with half the sugar
2. Cut the vanilla pod lengthways and scoop the seeds into the cream mix
3. Occasionally stir and bring to just below boiling point. Then set aside to cool



SEMI-DRIED FIG
ICE CREAM

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4. Put the egg yolks in a bowl with the remaining sugar and beat until the mix is thickened and forms ripples when lifted
5. Take 125ml of the cream mix and beat into the egg mix
6. Put the remaining cream mix back on low heat and stir in the egg and cream mix, continuously stirring
7. Cook for 8 minutes – until the mixture coats the back of a spoon
8. Remove from heat and allow to fully cool then place in a fridge for 3-4 hours (ideally overnight)
9. With an ice cream machine get the chamber churning and pour in the mixture
10. While churning add in the semi dried fig pieces and leave to churn for 20-30 mins
11. Spoon the mix into a container and cover with cling film, followed by the lid and freeze for a minimum of 3 hours.



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Crème Brûlée

YOU WILL NEED

1 Crème brûlée (CRE011)

50g Sugar

PROCEDURE

1. Place the bag of crème brûlée mix in a pan of water, just under boiling point. Leave for 30-40 mins
2. Remove bag and give the mix a shake
3. Gently pour the hot mix into ramekins
4. Place in the fridge for 3 hours (ideally overnight)
5. Remove from fridge and sprinkle over sugar until the entire brulee surface is covered, then using a blow torch melt and caramelize the sugar until it is all melted



CRÈME BRÛLÉE

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Super Seeds Granola Bar

YOU WILL NEED

- 1 MG super seed mix (SEEO76)
- 1 tsp Vanilla
- 1/2 tsp Cinnamon
- 1/2 cup Semi-dried fig pieces (NDP)
- 1/4 tsp Sea salt
- 1/2g Margarine
- 1/3 cup Date syrup (SCE420)
- 1 tbsp Chia seeds (SEEO63)
- 150g Dark chocolate

PROCEDURE

1. Preheat oven to 180 degrees C
2. Pour the super seed mix onto a baking tray lined with parchment and spread out evenly



**SUPER SEEDS
GRANOLA BAR**

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3. Place in oven for 8-10 mins. Once toasted place in a bowl to the side.
4. In a saucepan on low heat: add the margarine, date syrup, vanilla, cinnamon and sea salt and stir until the mix is smooth and creamy
5. Remove from heat and allow to cool, then add to the bowl of super seed mix.
6. Mix well and stir in the fig pieces and chia seeds
7. Using a deep oven tray lined with parchment: pour in the mixture and press down firmly
8. Melt the dark chocolate in the microwave or in a bain marie.
And drizzle it over the mix
9. Place the tray in the freezer 30 mins
10. Pull out parchment from tray and cut the mix into desired shaped bars



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Lentil Shortbread

YOU WILL NEED

- 1/4 cup RTE Puy lentils (LEN114)
- 1 cup Water
- 1 Egg
- 1/2 cup Butter
- 1 cup Icing sugar
- 1 tsp Vanilla
- 1/4 tsp Salt
- 2 cup Flour
- 6 oz White chocolate for decoration

PROCEDURE

1. Puree the lentils in a food processor until a smooth texture.



LENTIL
SHORTBREAD

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2. Using either a whisk or standard mixer: In a bowl beat the butter until its fluffy, then add the pureed lentils and the egg and beat until combined.
3. Once combined beat in the icing sugar, vanilla and salt
4. Then add the flour and mix until just combined
5. Turn the dough onto a floured surface and with your hands roll into a log around an inch in diameter. Wrap in cling film and put in the fridge for at least an hour (ideally overnight)
6. Pre-heat the oven to 180 degrees C
7. Take out the log and cut into pieces no thicker than 1cm
8. Place the little coins on a baking tray lined with parchment and then bake for 12-15 mins or until they start to go slightly golden
9. With the white chocolate, melt it in a glass bowl over boiling water. (do not let the bowl touch the water)
10. Once the shortbread coins have cooled, drizzle over or decorate the coins with the chocolate and leave to set in the fridge.

