



GOURMET RANGE  
**RESTSSO**  
*Deep Fried Ice Cream*

# DEEP FRIED ICE CREAM

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MAKES 12

1.5 HATS, AND BE CAREFUL USING HOT OIL!

INGREDIENTS:-

1 x box filo pastry sheets, 12 sheets  
400 g finest-quality mincemeat  
100 gr flaked almonds, toasted  
500 ml best vanilla ice cream  
1 egg, beaten  
Vegetable oil for deep-frying  
Caster sugar, for dusting  
Ground cinnamon, for dusting

METHOD:-

1. place a sheet of pastry on a board with the long edge facing you. Fold over in half so you have a long slim oblong. Now turn board so the thin edge of the oblong is in front of you. Put a few of the toasted almonds in the left hand corner of the pastry that's facing you then a good spoon of the mincemeat and a nice ball of the ice cream then a few more almonds.

2. Like shaping a samosa fold the mixture over and over in a triangular motion and when at the end of the strip of pastry brush with a little of the beaten egg to seal. You should have a completely sealed triangular package

3. Place, straight away on a metal tray and put in the freezer. Repeat with the remaining pastry. Freeze for 6 hours or overnight till rock hard.

4. Heat the oil in a deep-fat fryer to 195°C. Lower the parcels, two at a time, in the frying basket. Cook turning them in the oil for 45 seconds or until golden – do not leave them more than you need to or they will break up!

5. Drain well on kitchen paper. Dust with the caster sugar and cinnamon sugar – serve straight away!

**MARTIN'S TIP:-** *Martin says "vary the filling with the seasons or your liking > chopped strawberries & chocolate ice cream or thin sliced bananas & rum n raisin ice cream. The combinations are endless."*

*Tip – don't try and fry more than two parcels at a time as the oil will cool too much and so result in soggy, raw, oily pastry!*