## The Blackboard

## **DEEP-FRIED CHOCOLATE NUT**

## **ICE CREAM BALLS**

Preparation time: 30 minutes Freezing time: 30 minutes Frying time: 90 seconds per 3 balls

Use: Ice-cream scoop, non-stick baking tray that fits in the freezer, a deep-fat fryer or deep saucepan

Makes: 10

500ml (18fl oz) tub good-quality dark chocolate ice cream

1 pack of filo pastry (30 sheets)

1 large egg yolk

100ml (31/2 fl oz) milk

1-2 litres  $(1^3/4 - 2^1/2 \text{ pints})$  sunflower or rapeseed oil for deep-frying

1 teaspoon icing sugar

100g (31/2 oz) hazelnuts, chopped and toasted

50g (2oz) dark chocolate, minimum 60% cocoa solids

Take a tub of dark chocolate ice cream out of the freezer and leave it to soften for 10 minutes. Scoop into balls using an ice-cream scoop dipped in hot water, place them on a non-stick baking tray and return to the freezer for half an hour to harden.

Meanwhile prepare the pastry. Cut the filo pastry into 12cm (5in) squares (you will need 30). Make an egg

wash by whisking together the egg yolk, milk and icing sugar. Take a square of filo pastry, brush it with egg wash and sprinkle the hazelnuts over it. Lay a second square over the first at an angle and repeat the brushing and sprinkling. Repeat the process with a final square. Continue until you have ten, triple layers of filo brushed with egg wash and sprinkled with nuts.

Preheat a heavy-based saucepan (or a deep-fat fryer), one-third filled with oil, to 180°C/350°F.

Take the ice cream balls out of the freezer and place one in the centre of each triple layer of pastry. Carefully wrap the filo around the balls without tearing the pastry. If you are not deep-frying the balls straight away put them back in the freezer until you need them so that the ice cream does not melt.

Using a metal slotted spoon, put the wrapped balls into the hot oil (no more than three at a time to ensure the oil does not cool down too much) and fry until golden brown; this will take about 90 seconds. Remove and drain on kitchen paper. Serve immediately with shavings of dark chocolate.

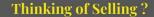
HINT: Buy a deep-frying thermometer (they are not expensive) to ensure the temperature of the oil is hot enough. If the oil cools down it will soak into the filo and melt the ice cream rather than creating a crisp pastry with insulating air pockets.







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From 1983 through to 2009, Jasmine Sergeant enjoyed a successful career both as a Fine Dining Chef and as a Hospitality Consultant.