

Iced honey and orange parfait with blackberries



A delicious dessert which can be prepared ahead and removed from the freezer 30 minutes before serving. The addition of yogurt makes a lighter pudding.

Serves 6-8 | **Prep** 15 minutes | **Cook** 10 minutes

Ingredients

300ml double cream
2 tablespoons Welsh honey
vanilla pod seeds
zest 1 orange and 2 tablespoons juice
200g Welsh natural yogurt with honey
70g Amaretti biscuits (about 16) plus 3 whole to decorate
2 large egg whites
250g blackberries
1 tablespoon caster sugar
2 tablespoons sloe gin (optional)

Method

- 01 Line a 1 litre tin or dish with enough cling film to completely wrap the ice cream.
- 02 Put the cream, honey, vanilla seeds, the orange zest and juice in a bowl and whisk until firm before folding in the yogurt and biscuits through the mixture.
- 03 Put the egg whites in another dish with a pinch of salt and whisk until firm before folding in to the mixture. Put in the tin and wrap well and freeze for at least 5 hours or overnight.
- 04 Before serving transfer to the fridge to slowly defrost.
- 05 Put the blackberries and sugar in a saucepan over a moderate heat and carefully stir until it starts to cook but with the fruit still holding their shape. Remove from the heat and add the gin before cooling and serving with the parfait.
- 06 Put the crumbs from the Amaretti biscuits over the fruit and serve immediately.