

# Food & Drink

## We all scream for ice cream!

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I scream, you scream, we all scream for ice cream.

As children, we delighted in ice cream cones and sandwiches, sundaes and banana splits. As adults we still do.

Ice cream is a universal treat; you can travel just about anywhere in the world and find it on the menu.

Birthday parties and afternoons at the beach absolutely demand it. Dinner party guests adore it.

Whether it is shaped into an elaborate bombe, set aflame with brandy, topped with a delicious chocolate, caramel or fruit sauce, or just scooped into a cone, ice cream is a tasty, refreshing happy dessert for individuals of all ages.

If you're looking for some fun ideas for summer entertaining, delight your guests with our Chocolate Chip Ice Cream Sandwiches or Watermelon Bombe.

Both desserts are easy to make and store well in your freezer. The Bombe will be a refreshing finale to a summer meal and is a crowd pleaser for friends of all ages.

Our ice-cream sandwiches will be a real hit at your next summer social gathering.

The cookies are soft and chewy and will not crumble when you bite into them.

The sandwiches can be made with a variety of different ice cream fillings, depending on the

preferences of your guests.

### ICE CREAM WATERMELON BOMBE

Kids will have fun making this whimsical dessert using many of their favorite ingredients.

Enjoy this treat at summer gatherings of relatives and friends. You can even eat the seeds in this watermelon.

1-2 litres lime sherbet (or sorbet)

2 litres strawberry or raspberry ice cream or sherbet (if using ice cream, do not use brands with fruit chunks inside)

3/4 cup semisweet chocolate chips

lime slices, mint leaves, strawberries for garnish

1. Spread lime sherbet along the sides of an oval plastic bowl or mold, making a layer about 1 inch to 1 1/2 inches thick along the sides and leaving a cavity in the centre (this will be the rind).

2. Fill the centre cavity with strawberry or raspberry ice cream, adding chocolate chips (the seeds) as you go along.

Chill in freezer for at least six hours.

When ready to serve, place a warm towel around the mold until the ice cream slips out of the bowl.

Place it on a serving platter (it should resemble a watermelon half). Garnish with lime slices, mint leaves and strawberries.

To serve, slice off individual servings, just as you would a real watermelon.

### ICE CREAM SANDWICHES

These sandwiches are made with soft, chewy oatmeal cookies which won't shatter when you bite into them.

1 cup (250 ml) rolled oats

1 cup (250 ml) flour

1 cup (250 ml) brown sugar, firmly packed

1/2 cup (125 ml) unsalted butter, melted

2 tbsp (30 ml) boiling water

1 (15 ml) tbsp corn syrup

1 1/2 tsp (7 ml) baking soda

1/2 cup (125 ml) chocolate chips ice cream, use any flavor you desire.

1. Preheat oven to 350 degrees F. Lightly grease two baking sheets.

2. In a large bowl mix together oats, flour and brown sugar. Stir in butter.

3. In a small bowl combine the water, corn syrup, baking soda, vanilla and chocolate chips. Add to oats mixture and knead lightly until dough comes together.

4. Shape dough into 18 balls about 1 1/2 inches in diameter. Arrange balls on prepared baking sheet and flatten slightly.

Bake until golden brown (10-12 minutes). Transfer to wire racks to cool.

5. Soften ice cream slightly. Spoon ice cream onto the flat side of a cookie. Place a second cookie on top, pressing gently. Arrange nine sandwiches on a wire rack and freeze until firm.

Wrap each sandwich in plastic wrap and store in freezer.

Makes nine sandwiches.

You're in luck --  
ice cream is on sale  
in most grocery  
stores this week

There is nothing better to eat on a hot July day than an ice cream sandwich.

Although you have to make these ice cream sandwiches, the reward is definitely worth the work.

And this week, you're in luck — almost all of the grocery stores have the main ingredient on sale — ice cream, by a variety of companies in a number of mouth-watering flavors.

You can choose any flavor of ice cream you want, but remember chewy oatmeal cookies will be surrounding it.

Garden Basket has Parlour ice cream for \$3.99/2L and Haagen-Dazs for \$3.99/500ml; Dominion, Ultra Food & Drug and A&P all have Breyers Ice Cream for \$3.49; IGA has Meadowgold for \$2.99; Loblaws has Chapmans for \$1.89; Food Basics has either Haagen-Dazs for \$3.99 or Equality for \$1.69; Price Chopper has Parlour for \$2.99; Longos has Durgel Frozen Desserts for \$3.49 and Fortinos carries Breyers for \$2.99.

### The cookies

Longos has Quaker Standard Oats on sale for \$1.49. Bulk Barn has flour for 49¢/lb and baking soda for 59¢/lb.

One cup of brown sugar is needed for the cookies and the sugar can also be purchased from the Bulk Barn for 59¢/lb.

Dominion, Ultra Food & Drug and A&P all have Lactanica Light Butter for \$2.69.

Multi-colored chips are also needed in the dough. The Bulk Barn has Chocolate Teenies — multi-colored candy-coated chocolate pieces — for \$3.08/lb.

Put a slice of softened ice cream in between the two cookies. Wrap the sandwiches in plastic wrap and store them in the freezer until you can enjoy them.

Food  
for  
Thought

Lisa Cartwright



**WINNING WATERMELON:** This attractive and delicious slice of Watermelon Bombe is made of everyone's favorite treat — ice cream — and you can even eat the seeds! It's a perfect summer treat to serve at the end of a special meal or as a conversation piece for any social gathering.

### MORE RECIPES

Here is another recipe idea for making tasty treats with ice cream or frozen yogurt.

Try Orange or Kiwi Blossom desserts when you're hosting a backyard summer dinner party or a casual barbecue.

### ORANGE OR KIWI BLOSSOM

5 oranges

1 tub (500 ml) Haagen-Dazs Mango Gelaato or Orange Tango Yogurt Ice

5 sprigs of mint

5 tsp (20 ml) orange liqueur (optional)

Cut the top off an orange and scoop out one third of the fruit with a small spoon; reserve the top of the orange.

Use an orange juicer to gently squeeze out the juice from the bottom, leaving the orange cup. Trim a thin slice of the rind from the bottom of the orange cup so it stands upright.

Brush inside of the orange with liqueur, if desired.

Fill orange with scoop of Haagen-Dazs Orange Tango Yogurt Ice or Haagen-Dazs Mango Gelaato.

Garnish with reserved orange top and a sprig of mint.

Repeat procedure for remaining oranges; save the extra fresh orange juice for breakfast the next day!

Variant: Kiwi Blossom — Cut the top off a large kiwi fruit; scoop out the fruit with a small spoon.

Fill with Haagen-Dazs Yogurt (see various flavors) or Haagen-Dazs Gelaato (also various flavors).

Wash the kiwi rind and spoon half rind into the filled bowl as a garnish.

Makes five servings.