

## Ice Cream Orange – *Helado en Naranja*

### Ingredients (for about 5 cups)

- 7 navel oranges; washed thoroughly, kept refrigerated for a few hours  
2 ½ cups whipping cream; kept refrigerated until needed  
½ cup granulated sugar, **plus more**, as needed

**Prepare equipment:** Ice cream maker (for manual Donvier™, place metal tub upright in the freezer for at least 24 hrs.), or metal mould(s) pre-chilled in the freezer.

Grate the zest from one of the oranges, being careful not to reach the bitter white membrane. Measure two tablespoons of grated zest, and reserve. Slice the orange and squeeze the juice into a blender jar; reserve. Take another orange, and cut a "lid" about half an inch (1.25 cm) from the top. Using a paring knife, cut around the inner edge, between the rind and the pulp. Remove the pulp, then scoop the rest with a spoon, scraping the inner wall of the orange. Transfer pulp and any juices to the blender jar, then do the same with the lid section. Placing all pulp and juice in the blender jar, continue with the rest of the oranges, to prepare six hollowed oranges. Pair the orange vessels with their lids, and place in a plastic bag or covered container in the fridge or freezer. Process the pulp and juice in the blender for a few seconds, then strain through a mesh to obtain about two cups of orange juice; place juice in the fridge for a couple of hours, or the freezer for a few minutes. Place two and a half cups of whipping cream in the blender jar, then add the orange juice, orange zest and half a cup of sugar; process for a few seconds, until uniform. Taste a little of the mix; if needed, add two tablespoons extra of sugar at a time, processing for a few more seconds in between, to adjust sweetness, to taste. Set up ice cream maker, or one or more pre-chilled metal moulds. Transfer mix to ice cream maker, leaving about half an inch (1.25 cm) from the top empty, to allow for expansion during freezing, and follow manufacturers directions. A manual Donvier™ ice cream maker holds about four cups of mix; this batch needed 4 clockwise turns every 2 minutes, and was ready in 16 minutes. If using chilled metal moulds(s), pour the mix in. Place in the freezer for one hour, then scrape the frozen mix off the edges with a spatula; repeat once or twice, until ice cream is set. Take hollowed oranges out of the fridge or freezer, and fill them to the top with ice cream; top with lid and return to the container or plastic bag, and repeat with the other five oranges. Depending on the size of the oranges, there might be some extra ice cream; store in a container with lid, and use as regular hard-set ice cream. Place oranges and any extra ice cream in the freezer for at least two hours. To serve, simply place an orange on a plate or in a dessert bowl:

