

# Celebrate Ice Cream Month With Sundaes

Ice cream is a favorite in most households and since July is Ice Cream Month, we're offering some serving suggestions for this tasty treat.

The choices for stocking the freezer with this creamy product are greater than ever this summer. A wide array of exciting flavors and ice cream novelties are available in your local grocery store, and you'll want to have at least a few on hand throughout the summer. It's a good idea to stock a variety of toppings to create your own ice cream concoctions as well.

One of the newest ideas in ice cream circles is to custom-blend ice cream with a selection of candies. For a home version, you can create a Chocolate Candy Lovers Sundae. The sundae is made with vanilla ice cream and a thick chocolate sauce which combines semi-sweet chocolate pieces, honey, whipping cream and sour cream. Serve the sauce warm or cold and let each person add a sprinkling of one or more favorite chocolate confections, from chopped chocolate-covered toffee to chopped peanut butter cups.

For those of you who prefer to make your own ice cream, some of the recipes below feature favorite ingredients such as bananas, marshmallows, crunchy peanut brittle, sweet chocolate and fresh fruit, opening new taste opportunities in the homemade category.

## CHOCOLATE CANDY LOVERS SUNDAE

**Sauce:**  
1 cup semi-sweet chocolate pieces  
½ cup honey  
2 tablespoons whipping cream  
1 cup dairy sour cream  
1 teaspoon vanilla extract

1 quart vanilla ice cream  
Chopped peanut butter cups  
Chopped chocolate-covered toffee  
Chopped caramel nougat peanut bars  
Chopped crispy rice chocolate bars  
Whipped cream

For sauce: combine chocolate pieces, honey and whipping cream in small heavy saucepan. Heat over low heat, stirring constantly, until chocolate is melted. Remove from heat, stir in sour cream and vanilla until well combined. Meanwhile, scoop ice cream into 4 dishes. Serve sauce warm or cold. Let each person sprinkle candy over sauce. Top each sundae with whipped cream if desired.

## CRUNCHY PEANUT BRITTLE ICE CREAM

1 quart milk  
6 egg yolks, beaten  
1 cup sugar  
¼ teaspoon salt  
3 cups whipping cream  
2 tablespoons vanilla extract  
2 cups crushed peanut brittle

Combine milk, egg yolks, sugar and salt in a 3-quart heavy saucepan; blend thoroughly. Cook over medium heat, stirring constantly, until mixture coats a spoon (about 15 minutes). Do not boil. Cool. Add cream and vanilla. Stir in 1 cup peanut brittle. Chill 1 to 2 hours. Churn-freeze. After freezing, before ripening, stir in remaining 1 cup peanut brittle.

## TRI-COLOR SUNDAE

1 pint mint chocolate chip ice cream  
1 pint vanilla ice cream  
1 pint chocolate ice cream  
White creme de menthe  
Whipped cream  
Thin butter cookies  
Green colored sugar

Layer ice creams in four tall, thin glasses, forming 2 layers of each. Drizzle creme de menthe over top and down sides. Top with whipped cream, cookie and colored sugar.



Create a sundae for candy lovers with vanilla ice cream, chocolate sauce and chopped chocolate-covered candies.

## PEACH MELBA SUNDAE

**Sauce:**  
1 10-ounce package frozen raspberries in juice, thawed  
1 tablespoon cornstarch  
2 tablespoons fresh lemon juice  
1 quart peach ice cream  
Whipped cream  
Chocolate-covered almonds, chopped

For sauce: drain raspberries, reserving liquid. Add water to liquid to make 1 cup. Combine raspberry liquid and cornstarch in small saucepan. Heat to boiling, stirring frequently, until thickened.

Cook 2 additional minutes, stirring occasionally. Stir in lemon juice. Carefully fold in raspberries. Refrigerate, covered, until well chilled. Scoop ice cream into dishes. Spread sauce over each. Top with whipped cream and almonds.

## NECTARINE ICE CREAM

3 cups mashed nectarines  
1 tablespoon fresh lemon juice  
Sugar  
1 quart milk  
3 cups whipping cream  
1½ cups sugar  
1 teaspoon vanilla extract  
¼ teaspoon almond extract  
¼ teaspoon salt  
2 to 3 drops red food color, if desired

Combine nectarines, lemon juice and sugar. Combine milk, whipping cream, 1½ cups sugar, vanilla and almond extracts and salt in a large bowl. Add nectarines to mixture. Stir in food color, if desired. Chill 1 to 2 hours. Churn-freeze.

## CHOCOLATE-PEANUT LOVERS SUNDAE

Chocolate ice cream  
1 10-ounce package peanut brittle, finely crushed  
½ cup pure maple syrup  
¼ cup creamy peanut butter  
Maraschino cherries with stems

Roll 6 large scoops of chocolate ice cream in peanut brittle. Place on waxed-paper-covered baking sheet and return to freezer several hours or overnight. When ready to serve, beat maple syrup and peanut butter until fluffy. Place 1 scoop of ice cream in each sundae glass. Spoon sauce over each. Top with a cherry. Serve immediately.

## MELLOW BANANA-MARSHMALLOW ICE CREAM

3 cups milk  
1 10-ounce package large marshmallows  
2 cups pureed ripe bananas  
1 tablespoon fresh lemon juice  
3 eggs  
1½ cups sugar

3 cups whipping cream  
1 tablespoon vanilla extract  
¼ teaspoon salt  
1 cup chopped maraschino cherries, optional

Heat milk and marshmallows in a 3-quart saucepan, stirring constantly, until marshmallows are melted. Cool. Combine banana puree and lemon juice. Beat eggs until foamy in a large mixing bowl. Gradually add sugar; beat until thickened. Add cream, vanilla and salt; mix thoroughly. Blend in marshmallow mixture, bananas and maraschino cherries. Chill. Churn-freeze.  
Yield: 1 gallon.

## DOUBLE DATE NUT SUNDAES

1 3-ounce package cream cheese, softened  
2 tablespoons confectioners' sugar  
1 teaspoon vanilla  
12 thin slices date nut bread (small loaf)  
1 cup butterscotch flavored topping  
½ cup chopped nuts  
½ cup chopped dates  
Vanilla ice cream  
Sweetened whipped cream

Beat cream cheese, sugar and vanilla in a small mixing bowl until light and fluffy. Spread on 6 slices of bread. Cover with second slice of bread. Cut each "sandwich" into 4 small triangles. Combine butterscotch topping, nuts and dates. To serve, place 3 triangles of date nut sandwiches in bottom of each shallow dish or compote. Top with large scoop of vanilla ice cream. Pour topping over ice cream. Top with a dollop of whipped cream. Place remaining date nut triangle in center of whipped cream. Serve immediately.

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Children ages 2-17 and adults age 45 and older eat the most ice cream per person.

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Eighty percent of all ice cream eaten at home is consumed in the evenings; either with dinner or as an evening snack.

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