

Rum 'n' raisin ice cream

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This is my all-time favourite ice cream flavour and one that's very easy to make using just five ingredients and a low-cost ice cream maker, says Martyna Angell.

The following makes around one litre, so make sure that your ice cream maker bowl can hold enough!

Ingredients

- $\frac{3}{4}$ cup [organic](#) raisins
- $\frac{1}{4}$ cup rum
- $1\frac{1}{2}$ cups fresh cream
- 1 cup full-cream milk
- $\frac{1}{4}$ cup [maple](#) syrup

METHOD

Pre-freeze your ice cream maker bowl for at least 12 hours (or as required by your manufacturer).

Place raisins and rum in a small saucepan set over medium-high heat and bring to a boil. Remove from heat and transfer to a heatproof bowl to cool and for the raisins to soak up the rum.

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In a large bowl, whip cream until stiff peaks form. Whisk in milk, maple syrup and cooled rum raisins. Assemble ice cream maker, pour in the mixture then churn for 20 to 25 minutes or until the ice cream becomes creamy and cold.

Transfer to an airtight container and keep in the freezer for up to two months.

Remove from the freezer for a few minutes before serving to soften.

Recipe and images by [Martyna Angell](#)

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