

## Cashew Ice Cream with Salted Caramel (for ice cream maker - or not)



It is possible to make ice cream without a machine but it's a little more pains-taking. You have to whip, freeze, whip, freeze, over and over 'til it's set. A timer helps here so you don't leave it more than 15 - 20 minutes between whips.

1 cup raw cashews  
1½ cups soy milk  
3 Tbsp sugar  
1 Tbsp vanilla essence  
1 tsp nutritional yeast  
½ tsp guar (or xanthan) gum

Soak cashews in boiling water for an hour  
Drain them and blend with soy milk, sugar, yeast and vanilla  
When creamy and smooth add guar gum and re-blend  
Start ice cream maker and put mixture in  
When thick, put the whole container back into freezer for ½ hour  
If very hard, break up and stir til creamy again, re-freeze  
Repeat this last step if necessary to ensure desired firmness

## Salted Caramel (soft toffee / sauce)

1 cup sugar  
½ - 1 tsp salt (to taste)  
1 Tbsp water  
3 Tbsp soy milk  
1 heaped tsp margarine

Put all ingredients except milk, in a saucepan  
On medium heat, melt and bring to boil  
Turn down and allow to simmer, do not stir but swirl mixture to mix  
Continue cooking (and swirling) until mixture turns medium brown  
Remove from heat and allow to sit and settle for a minute  
Trickle half the soy milk in, gently stirring to mix  
Scoop a tiny spoonful and put into cold water  
If it sets too hard, stir in another Tbsp soy milk and re-test  
Taste and add more salt if necessary  
Reheat to boiling point and remove  
Pour into microwave-proof container  
When required for ice cream, re-heat in microwave