

# Apple and vanilla ice with grapefruit



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tastes like *Summer*

SERVES 4

80 g (2¾ oz/1/3 cup) sugar

170 ml (5½ fl oz/2/3 cup) water

1 vanilla bean

1 green apple

200 ml (7 fl oz) cloudy apple juice

2 ruby grapefruit

Put the sugar and water in a saucepan and bring to the boil. Cut the vanilla bean in half lengthways and using a knife scrape the soft beans from the centre. Add them to the saucepan along with the vanilla pod. Stir until the sugar has dissolved, then lower the heat and grate the apple, adding it to the sugar syrup. Remove from the heat and allow to cool. Discard the vanilla pod and add the apple juice, stir, then put the mixture in a plastic container. Place in the freezer for 1 hour. Remove and give the mixture a stir with a fork to break up the crystals. Return to the freezer for another 1–2 hours. Before serving, stir again with a fork to break up the icy texture.

Serve with ruby grapefruit segments.

**All recipe ingredients are available at the following Northbridge Plaza retailers:**

- Antico's Fruit World



See Fresh & Fast cooking demonstration with Michele Cranston 12 noon, Friday 25 September.



**MURDOCH BOOKS**

Recipes and images from Marie Claire Fresh & Fast by Michele Cranston and published by Murdoch Books.