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- 3. For the Ricotta Cheese Ice Cream: Beat the milk with the egg whites, then mix together with the cream, sugar and vanilla seeds. Warm in a baine marie to 80 °C. Mix the ricotta cheese and sour cream until smooth, then add to the milk mixture. Add rum to taste, then pour into an ice cream machine and churn.
- 4. For the Sour Cream Foam: Season the sour cream with lemon juice and sugar, then mix in the milk and blend with a hand blender just before serving.