



## July 2001 – Summer Sundae recipes

### Sundaes

It is believed that the sundae originated back in the days the soda fountain was popular. The soda fountain parlours were popular hangouts, much like a coffee house is today. The soda was primarily made from soda water and some kind of fruit concentrate to flavour it and to make it an ice-cream soda, ice-cream was added to it. The church did not look kindly on these public places being used on Sundays, the day of rest so a law was passed prohibiting the sale of ice-cream sodas on Sundays.

So the Sunday Soda was invented, which was a sodaless ice-cream soda. The fruit concentrate was poured over the ice-cream, soon it became popular and was being requested on Mondays etc. The church objected to the naming of the soda after the Sabbath, so the name was changed to Sundae.

Here are some interesting adaptations of the ice-cream sundae. The baked bananas were one of the first desserts I learned to cook, when I was about 7. Having made them for a friend, they brought back wonderful memories of my childhood. I would like to share this recipe with you.

### Baked Bananas

4 Bananas-peeled and sliced in half

-arrange in the bottoms of a baking tin.

¼ c Butter-cut into small cubes

¼ c Brown sugar

¼ c Rum-sprinkle over the bananas

½ Orange- squeeze over the bananas

-Bake in a hot oven at 400\* for about 20mins. Until the bananas begin to caramelize. This can also be accomplished with other fruit like pineapples and apples or pears.

Then serve over your favourite vanilla ice-cream.

### Cinnamon Crunch Sundae

1c+2T sugar

¾ c Water

6T dark cornsyrup

3 cinnamon sticks-heat in a saucepan until the sugar is dissolved. Bring to a boil and reduced heat. Simmer til reduced to 1 1/2c. Then cool. Remove cinnamon sticks.

6 Graham crackers-crush to a coarse meal.

4 1/2T butter-melted

1 1/2T Sugar-combine with the butter and crackers then spread on a baking sheet and bake til golden. Cool.

6 medium peaches

3T Sugar

1 1/2T Lemon Juice

¾ t Cinnamon-mix the last 4 ingredients and let stand for 1 hr.

-Place 2 scoops of ice-cream in each bowl, spoon the peaches over the top. Drizzle with the syrup and sprinkle with the crunchy topping.

### **Tropical Sundae**

½ c Sugar

½ c Brown sugar

6T Water

¼ c Lime juice

3T butter

2 Pieces crystallized ginger- bring to a boil and simmer to reduce to one cup, cool. Discard ginger pieces.

3T Crystallized ginger-mince and add to syrup.

-Reheat to luke warm and whisk before serving.

-Place 2 scoops of vanilla ice cream in a bowl and top with your favourite tropical fruit; mango, pineapple, papaya and spoon about 3T of the lime syrup over the fruit.

Garnish with some toasted sweetened coconut.

### **Sauces**

Chocolate sauce

4oz Chocolate-melted

2T Strong coffee

2T Butter

1T Rum

2 Egg Yolks-beat together all the above ingredients.

2 Egg whites- lightly beaten then beat into the chocolate mixture.

Spoon over the ice cream.

### **Hot fudge Sauce**

¾ c Sugar

½ c Half and Half

4oz Chocolate

2T Light corn syrup

1T butter

-place all the ingredients in a saucepan on low, heat til the chocolate is melted and all the ingredients have combined, stirring constantly. Remove from the heat and stir in 2T of any liqueur that you desire. Framboise is a nice choice.

### **Razzberry Sauce**

½ c Sugar

¼ c Water-bring to a boil and simmer til sugar is dissolved. Then remove from heat and cool.

12oz Razzberries- place in a blender with the sugar syrup and puree. Strain through a sieve and discard solids. Store in a jar for up to 5 days.

### **Butterscotch Sauce**

1 c Brown sugar

¼ c Corn syrup

½c Butter-diced

-Stir over low heat until both sugars dissolve, then bring the mixture to a rolling boil, and the sauce drops thickly from the spoon, it will register about 280°F on the candy thermometer, this takes a couple of minutes. Then remove from heat.

½c Whipping cream

1½ t vanilla

¼t Lemon Juice

-Whisk in the cream, lemon juice and vanilla (the mixture may bubble ferociously). The sauce will thicken as it cools.

-warm slightly before serving.

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