

Grilled Fruit Dessert with Banana Ice Milk/Gelato



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Serves 6

Prepare banana ice milk/gelato the day before.

Banana Ice Milk/Gelato

2¼ cups	skim milk
¾ cup	half and half cream
1	banana, mashed
1 tbsp	sugar
1 tbsp	cream of tartar
1	egg white

Grilled Fruit Dessert with Banana Ice Milk/Gelato



1. Combine skim milk, half and half cream, mashed banana and sugar, stir until sugar is dissolved.
2. Put this in a shallow dish and put in the freezer until crystals form. You will need to stir every couple of hours.
3. Once crystals have formed, beat egg white and cream of tartar on high for 2 minutes or until stiff peaks form.
4. Fold beaten egg white into mixture and place in the freezer overnight.

Grilled Fruit

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| 4 | peaches |
| ¼ cup | grape seed oil |
| 2 | mangos (ripe) |
| ½ tsp | ground cumin |
| | Cinnamon to taste |



1. Wash fruit well. Cut into halves and remove stones. Do not peel the peaches but remove skin from mangos. In a large bowl with a lid, add oil and cumin. Toss well.
2. Grill 2 minutes each side.

Top grilled fruit with banana ice milk/gelato, and sprinkle with cinnamon.