



Boozy Christmas bombe



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



8

CALORIES



677 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 100 g raisins
- ☐ 100 g golden raisins
- ☐ 85 g cranberries dried
- ☐ 6 tbsp brandy
- ☐ 2 tbsp t brown sugar dark
- ☐ 284 ml double cream
- ☐ 1 tbsp powdered sugar
- ☐ 100 g cranberries frozen (keep them)

- ☐ 600 ml vanilla fresh
- ☐ 85 g muscovado sugar light
- ☐ 175 g butter
- ☐ 2 tbsp brandy
- ☐ 100 g cranberries frozen

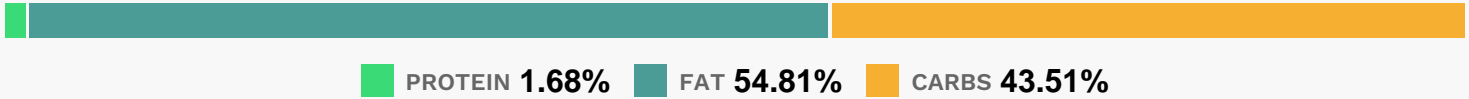
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sieve
- ☐ microwave
- ☐ ice cream machine

Directions

- ☐ Put the dried fruit into a large bowl, add 2 tbsp brandy and the sugar, then cover with cling film. Microwave on High for 2 mins until the sugar has melted and the fruit plumped up. Give it a stir, then leave to cool and soak overnight. If you're short of time, carry on with step 2 and leave to soak for as long as it takes to complete step
- ☐ Put the cream, remaining brandy and icing sugar into a large bowl and whip to soft peaks.
- ☐ Pour the custard into another bowl and fold the cream into it. Tip into a freezer container and freeze the mix for 4 hrs, stirring the frozen edges into the rest of the mixture every hour or so until the whole tub is soft, but frozen (or use an ice cream machine, churning for 20–30 mins until thick). Meanwhile, line a 1.2-litre pudding basin with cling film.
- ☐ Once the ice cream mix is thick, quickly fold the soaked fruit (and any liquid from it) and frozen cranberries through it and spoon into the lined basin. Freeze overnight or for at least 6 hrs. To serve, leave bombe at room temperature for 10 mins and turn out onto a serving plate.
- ☐ To make the cranberry brandy butter sauce, in a heavy-based pan gently heat muscovado sugar and butter until the sugar dissolves.
- ☐ Splash in brandy, add cranberries and boil gently till the cranberries pop, but still hold their shape and colour the sauce. If you want to, sieve the seeds out of the sauce and add some more cranberries for a really glossy finish.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:35.68, Glycemic Load:11.57, Inflammation Score:-6, Nutrition Score:6.4521739197814%

Flavonoids

Cyanidin: 11.67mg, Cyanidin: 11.67mg, Cyanidin: 11.67mg, Cyanidin: 11.67mg Delphinidin: 1.93mg, Delphinidin: 1.93mg, Delphinidin: 1.93mg, Delphinidin: 1.93mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg, Myricetin: 1.91mg Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg, Quercetin: 4.49mg

Nutrients (% of daily need)

Calories: 677.45kcal (33.87%), Fat: 30.95g (47.61%), Saturated Fat: 19.52g (121.98%), Carbohydrates: 55.28g (18.43%), Net Carbohydrates: 52.47g (19.08%), Sugar: 39.77g (44.19%), Cholesterol: 87.39mg (29.13%), Sodium: 166.25mg (7.23%), Alcohol: 27.69g (100%), Alcohol %: 16.42% (100%), Protein: 2.13g (4.26%), Vitamin A: 1086.62IU (21.73%), Manganese: 0.35mg (17.68%), Vitamin B2: 0.19mg (11.33%), Fiber: 2.81g (11.25%), Potassium: 376.79mg (10.77%), Vitamin E: 1.4mg (9.36%), Copper: 0.16mg (8.24%), Calcium: 60.47mg (6.05%), Vitamin B6: 0.12mg (5.91%), Phosphorus: 58.41mg (5.84%), Vitamin C: 4.81mg (5.83%), Magnesium: 22.13mg (5.53%), Vitamin K: 5.17µg (4.92%), Iron: 0.87mg (4.83%), Vitamin D: 0.57µg (3.81%), Vitamin B3: 0.69mg (3.47%), Vitamin B5: 0.28mg (2.76%), Selenium: 1.71µg (2.44%), Vitamin B1: 0.04mg (2.38%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.09µg (1.57%)