



HISTORIC ICES AT THE MUSEUM OF ROYAL WORCESTER

In the Georgian period, fancy desserts were in fashion and ice cream and sorbet were *the fanciest desserts you could have*. They were certainly not for children!

Making historic ices without a freezer

The Georgians had a problem. There were *no freezers*. How did they make things cold enough to freeze an ice cream or sorbet mixture?

The answer? Mixing salt with ice *lowers the temperature* of the ice. It is an *endothermic reaction*.

Ice creams and sorbets were *churned by hand*, and it was very tiring work for the people in the kitchen.



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Instead of using a churn, we are going to use 3 bowls:

Bowl 1: a metal bowl with crushed ice and salt.

Bowl 2: a metal bowl with around 100 ml of mixture.

Bowl 3: a small metal bowl with more crushed ice and salt.

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Serving historic ices

Ices were served in ice pails and spooned into sorbet cups or moulded into many shapes, which were often very strange. So were the flavours including asparagus, Parmesan cheese, cucumber and musk.

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MAKING HISTORICAL ICES AT HOME

STOCK SUGAR SYRUP

The most important ingredient is sugar syrup. It is easy to make in any amount you need:

INGREDIENTS:

250g sugar
250ml of hot water

METHOD:

Dissolve and cool, and keep in the fridge for up to *5 days*.

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TAMARIND ICE CREAM

INGREDIENTS:

300ml whipping cream
150ml stock syrup
1tbs tamarind pulp

METHOD:

Beat the ingredients well and churn until soft set. Store in tubs in the freezer or serve straight from the churn.

BERGAMOT WATER ICE

(Bergamot sorbet)

Water ice (sorbet) was served in sorbet cups from ice pails or was moulded into lots of different and usual shapes.

INGREDIENTS:

250ml very cold water
250ml very cold stock syrup
2 lemons (depending on size)
1 or 2 drops of oil of bergamot
Food colouring (optional)

METHOD:

Mix all of the ingredients (except for the food colouring) together and freeze by hand or in an ice cream machine.

Add food colouring when the sorbet is still soft set and press into your moulds. Put the mould in the freezer to firm up before turning it out. To turn it out place in cold water for 3 seconds and use the handle of a teaspoon to remove it. Keep the mould sorbet in a tub in the freezer until it is required.

It is important to have everything as *cold as possible!*

