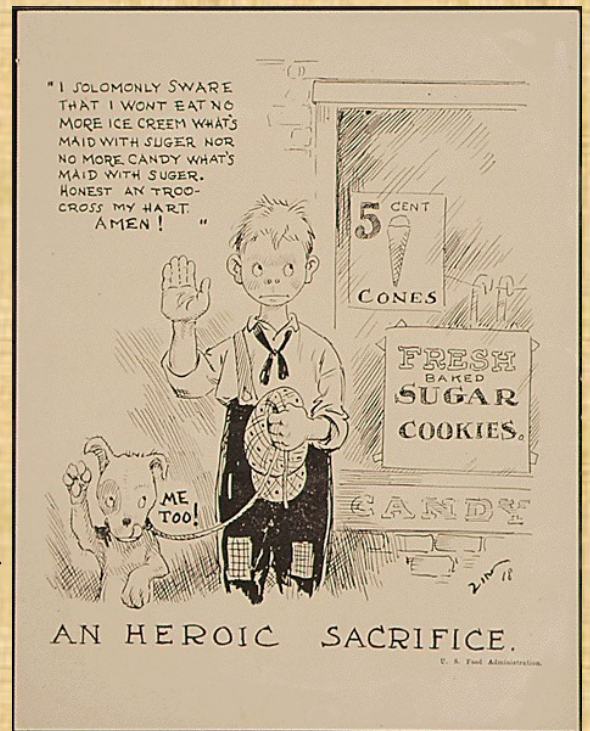


Brown Bread Ice Cream

Towards the end of World War 1, the Canadian government created the Canada Food Board to increase agriculture productivity and to promote frugality on the home front. As a large number of food items, such as flour, sugar, eggs, meat and fats, were being sent to Europe to feed the troops and civilians in France and Britain, it was illegal to hoard such items. As a result propaganda discouraging eating sugary foods such as candy and ice cream was published. However, during this time ice cream's popularity spread despite low domestic sugar production. Another challenge was the lack of widespread refrigeration, most ice cream had to be eaten immediately.



3 quarts cream

1 1/4 cups dried brown bread crumbs

7/8 cup sugar

1/4 teaspoon salt

Soak crumbs in 1 quart cream. Let stand 15 minutes. Rub through sieve, add sugar, salt and remaining cream, then freeze.

Fun Fact: Brown bread ice cream was considered a luxury in the 1800s. It's now a classic dessert in modern Irish restaurants.