

Fresh Strawberries & Ice-cream with Cointreau

This is a recipe Sr Carmen used to serve in a French Restaurant.

A nice, simple and tasty dish. Preparation time is only about 10 minutes, even if you are doing 4 serves.



Ingredients: (per serve)

- 4 medium sized red strawberries
(the big ones have no flavour, and the redder the better)
- 30ml (1 nip) of Cointreau
- 2 teaspoons of sugar
- 2 or 3 scoops of ice-cream

Method:

1. Rinse, then "hull" the strawberries (means taking the green stalks/leaves off them).
2. Cut them into bite sized pieces (often into quarters will do).
3. Combine the Cointreau and sugar, making a kind of syrup (add more sugar if you wish).
4. Put the strawberries into the Cointreau syrup and stir them around gently to cover them.
5. Scoop the ice-cream into the plate.
6. Artistically arrange the strawberries in the bowl on top and around the ice-cream. (Or just toss them on if you're that way inclined)
7. Drizzle the syrup (which is pinkish now) over and around the ice-cream and strawberries.
8. Serve and enjoy.