





## **DESSERTS**

Frozen desserts are nostalgic, indulgent, and always a good idea. This collection features fruity and creamy treats made with fresh Perfection Fresh produce, perfect for summer BBQs or weeknight cravings.

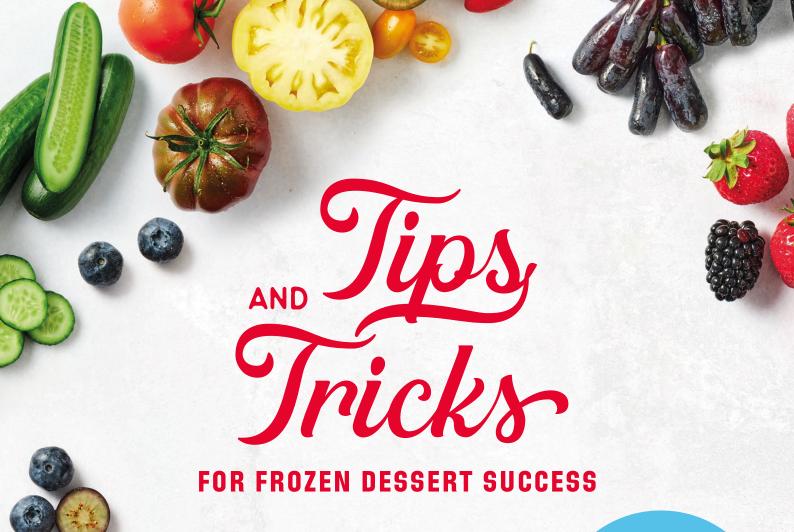
Each recipe celebrates the natural flavour of Australian fruit and veg, transformed into frozen delights.





#### **ABOUT PERFECTION FRESH**

Perfection Fresh has been the pioneer in delivering premium-quality fresh produce, tailored to Australian diets and lifestyles since 1978. With a dedicated team of more than 2,000 passionate individuals across Australia and beyond, we focus on our rich history and expertise in farming and product variety, collaborating with the Australian farming community to grow the freshest produce.



#### 1. FRUIT FIRST

Always start with ripe fruit. That's where the flavour lives — and when you freeze it at its peak, you don't need to add much else.

### 2. ICE CRYSTAL CONTROL

Nobody loves a rock-solid sorbet. To keep things smooth, stir your mix a few times as it freezes (or spread it out in a shallow dish). It's a small step, but it makes a big difference in texture.

## 3. KEEP IT CREAMY (WITHOUT THE CREAM)

Bananas, mangoes and grapes make a naturally creamy base — great for dairy-free desserts that still feel indulgent. For the best texture, blend the fruit while it's just soft, then freeze.

### HOT TIP #2

Try blending soft
Calypso® mango or
banana, then freezing it
for the easiest
no-churn dessert.

#### 4. FREEZE IN PORTIONS

Make life easy by freezing in single-serve moulds, ice cube trays or small bowls. Great for quick snacks, entertaining, or when you just want "a little something sweet.

## HOT TIP #1

Grab Calypso® Mangoes or Perfection Berries when they're in season, freeze a stash, and thank yourself later.



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## CALYPSO® MANGO AND LYCHEE SORBET









## Ingredients .....

4 Calypso® mangoes 560g can lychees, drained 3 limes, juiced (around ⅓ cup or 80ml) ¼ cup (60ml) maple syrup

## Method

- Cut the Calypso® mango cheeks from the mangoes.
   Using a large spoon, scoop out the fruit, reserving the skins (see tip). Roughly chop the fruit. Place in a single layer onto a baking paper lined tray. Add the lychees.
   Freeze for 4 hours.
- 2. Place the frozen mango and lychees into a food processor. Process until smooth. Add lime and maple syrup and process to combine. Spoon the sorbet into the reserved mango skins. Serve.



TIP

Place the Calypso® mango skins in an airtight container, store in the fridge or freezer while the fruit is freezing.

TIP If you don't have a large food processor, it's easier to process in 2 batches.





## PINA COLADA SWEET GLOBE™ GRANITA







Freezing
24 HRS

## Ingredients

1 cup (250ml) coconut water
½ cup (110g) white sugar
1kg Sweet Globe™ grapes
1 cup (250ml) pineapple juice
1 lime, juiced
120ml white rum, chilled in the freezer, optional
Sweet Globe™ grapes, toasted flaked coconut, passionfruit, to serve

# Perfection Sweet Globe Sweet Globe

- Combine the coconut water and sugar in a saucepan over low heat. Cook, stirring, for 2 minutes or until the sugar dissolves. Increase the heat to high, bring the syrup to a gentle boil. Boil gently, for 5 minutes. Remove to a heatproof jug. Refrigerate for 30-60 minutes until cold.
- Place the grapes in batches, into a blender, Nutri bullet or food processor (see tip). Blend until pureed. Pour through a fine sieve into a bowl, gently pressing with the back of a spoon to extract as much juice as possible. Discard the skins.
- Combine the grape juice, pineapple juice, lime juice and coconut water syrup. Pour into a freezer safe container. Cover and freeze for 4 hours or until ice crystals form around the edges. Use a fork to roughly break up the mixture. Cover and return to the freezer overnight or until completely set.
- 4. Use a fork to scrape the granita into coarse crystals. If time permits, cover and freeze for 1 hour.
- 5. Top with Sweet Globe™ grapes, toasted flaked coconut and passionfruit pulp. Spoon into bowls, drizzle each with 3 teaspoons (15ml) chilled rum if using. Serve.



## FROZEN AUTUMNCRISP® GRAPE POPSICLES



Serves 6

Prep Time

5 MINS

Freezing
12 HRS

## Ingredients .....

2 ½ cups (650g) AutumnCrisp® green seedless grapes
3 tbsp honey

- 1. Place the AutumnCrisp® grapes along with the honey into a food processor and pulse just enough to break most of the grapes, while keeping a few intact.
- 2. Spoon the grape mix into six popsicle moulds, dividing evenly. Gently press the grapes down using the back of a spoon to remove any air pockets.
- 3. Freeze until solid, then unmold and enjoy.



## OUKES® AND BERRY & QUKES® AND CALYPSO® MANGO **ICE BLOCKS**



Serves

12

Prep Time HOUR

Cook Time **14** mins

Freezing 6 HOURS

## Ingredients

#### QUKES® AND CALYPSO®

250g Qukes® baby cucumbers, chopped

2 Calypso® Mangoes, chopped 500ml lemonade, ginger beer or lemon lime & bitters

#### **QUKES® AND BERRY**

2 x 250g Qukes® baby cucumbers 500ml lemonade, ginger beer or lemon lime & bitters

3 tbs fresh blueberry cordial

#### FRESH BLUEBERRY CORDIAL

1 x 125q Perfection Blueberries ½ cup water ½ cup white sugar

1 tbs lemon juice 1/2 tsp tartaric acid (optional)

## Method

#### **Blueberry cordial**

- Over medium heat simmer water and sugar in a saucepan until dissolved, stir constantly. Bring to boil, reduce heat and simmer for 3 minutes.
- Add the lemon juice and blueberries, simmer for 8 minutes. Remove from the heat, stir in the tartaric acid and set aside.
- Once cool, pour the mixture into a blender and blend until smooth. Strain, discarding the skins. Refrigerate until cold.

#### Qukes® and Calypso® Ice blocks

Spoon Qukes® and Calypso® mango into popsicle moulds. Fill with lemonade, ginger beer or lemon lime & bitters. Freeze until firm.

#### **Qukes®** and Berry Ice blocks

- Slice 10 Qukes® lengthways then arrange standing upright into popsicle moulds.
- Mix 250ml lemonade, ginger beer or lemon lime & bitters with 2 tablespoons of blueberry cordial. Pour into the moulds halfway. Cover and freeze for 2 hours until partially frozen.
- Remove from the freezer, insert a paddle-pop stick into the centre of each mould and top up with remaining lemonade. Freeze overnight.





## CALYPSO® MANGO DAIQUIRI ICE CUBES



Makes 48

Prep Time
30 MINS

Cook Time
6 MINS

Freezing
OVERNIGHT

## Ingredients .....

1 cup (220g) caster sugar 3/4 cup (180ml) water

4 limes, juiced

1/2 (125ml) white rum

1 cup (250ml) coconut water or ginger beer

3 Calypso® mangoes, peeled, diced 125g each Perfection Raspberries, Blackberries and Blueberries Edible flowers, basil, mint leaves Lime soda, lemon lime & bitters, ginger beer or soda, to serve

- Combine sugar and water in a saucepan. Stir over mediumhigh heat until sugar dissolves. Bring to a gentle boil, boil gently for 3 minutes. Set aside to cool. Stir in lime juice, rum and coconut water.
- 2. Three-quarter fill ice cube holes with fruit, flowers and leaves. Pour over the rum mixture to fill the holes. Freeze overnight.
- 3. Pile ice cubes into glasses. Top up with lime soda, lemon lime & bitters, ginger beer or soda to serve.













## CALYPSO® MANGO ICE CREAM SANDWICH

Serves 12 Prep Time
30 MINS

Freezing
48 HRS

## Ingredients

5 Calypso® mangoes 600ml thickened cream 1 x 395g can sweetened condensed milk, chilled 3 tsp vanilla bean paste 24 Anzac biscuits

PASSIONFRUIT ICING
2 cups icing sugar mixture
3-4 tbs passionfruit pulp
2 cups icing sugar mixture



## Perfection FRESH®

### Method

- 1. Peel, chop and puree 2 mangoes (about 1¾ cups). Peel and dice 2 more and set aside.
- Whip cream, condensed milk and vanilla in a large chilled bowl until thick. Stir in mango puree, then fold in diced mango. Spoon into a 3-litre container, cover and freeze overnight.
- Remove ice cream 5–10 minutes before assembling. Place 12 biscuits flat side up on a board. Top each with a scoop of ice cream, sandwich with remaining biscuits. Freeze 2 hours.
- 4. For the icing, mix icing sugar with enough passionfruit pulp to form a thick icing. Dollop onto each sandwich. Slice remaining mango cheeks and arrange over icing. Freeze 2–3 hours or overnight. Serve.

TIP To make mango roses, thinly slice mango cheeks lengthwise.

Roll one slice tightly to form the center, then wrap additional slices around it, overlapping slightly to create petals. Gently fan out the edges for a fuller look.

Leave the sandwiches in an airtight container in the freezer for 1-2 days to allow the biscuits to soften slightly, making them easier to eat.



## CALYPSO® MANGO RIPPLE ICE CREAM BARS

Serves **8**  Prep Time
40 MINS



## Ingredients .....

3 Calypso® mangoes, chopped 2 litres vanilla ice cream, softened 2 violet crumble bars 250g chocolate ripple biscuits 2 Calypso® mangoes, to serve

CHOCOLATE GLAZE

180g milk chocolate, chopped
1-2 tbs olive or vegetable oil

- 1. Line the base and sides of a 6.5cm deep, 20cm square cake pan with baking paper, leaving a 4cm overhang.
- 2. Blend chopped mangoes in a food processor until smooth.
- 3. Mix softened ice cream with mango puree and 1 finely chopped violet crumble.
- 4. Spoon 2 cups of the mango ice-cream into the pan. Top with a layer of chocolate ripple biscuits (cut to fit), then layer remaining ice cream and biscuits, finishing with ice cream. Cover with a sheet of baking paper, and then wrap with plastic wrap and foil. Freeze overnight.
- 5. Microwave chocolate in 1 minute bursts, stirring after each burst until smooth. Add oil to adjust consistency.
- 6. To serve, thinly slice mango cheeks, chop remaining violet crumble. Unmould cake, drizzle with glaze, top with mango and crumble. Slice and serve with extra glaze.





## NO CHURN CALYPSO® MANGO RIPPLE ICE CREAM

Serves **8**  Prep Time
30 MINS

Cook Time
8 MINS

Freezing
24 HRS

## Ingredients

600ml thickened cream
395g sweetened condensed milk
2 tsp vanilla bean paste
1 Calypso® mango,
2 x 125g Perfection Blueberries, to serve

#### MANGO RIPPLE

3 Calypso® mangoes, peeled, chopped ½ cup (110g) caster sugar 2 large lemons, juiced

- 1. Line base and sides of a 7cm deep, 9cm x 27cm loaf pan with baking paper.
- 2. For the mango ripple; combine the mango, sugar and ½ cup lemon juice in a large non-stick frying pan over mediumhigh heat. Bring to a boil for 2-3 minutes or until sugar dissolves then boil gently for 5 minutes until thick. Remove from the heat. Transfer to a bowl. Refrigerate 1-2 hours until cold.
- 3. Whip cream, condensed milk and vanilla in a large, chilled bowl until thick.
- 4. Layer \( \frac{1}{3} \) cream mixture into the loaf pan then spoon \( \frac{2}{3} \) cup mango mixture. Repeat twice. Cover and freeze overnight.
- 5. Lift the ice cream loaf onto a serving plate. Decorate with sliced mango and scattered blueberries. Cut into slices to serve.







## CALYPSO® MANGO TIRAMISU ICE CREAM



Makes 48

Prep Time 30 MINS

Cook Time
6 MINS

Freezing
OVERNIGHT

## Ingredients .....

2 Calypso® mangoes chopped
750ml vanilla ice cream, softened
2 tbs espresso coffee powder
¼ cup boiling water
¼ cup coffee liqueur (Kahlua)
20 thin sponge finger biscuits
750ml coffee ice cream, softened
Cocoa powder for dusting
2 Calypso® mangoes, to serve

- 1. Line the base and sides of a 7cm deep, 10cm x 21cm loaf pan with baking paper, extending it 2cm up all sides. Place in the freezer to chill.
- 2. Peel and dice 2 mangoes. Spoon the vanilla ice cream into a bowl and fold through diced mango. Spoon into the loaf pan and smooth the surface. Cover and freeze for 1 hour.
- 3. Mix the espresso powder and boiling water, stir in the liqueur. Dip 1 biscuit at a time into the coffee mixture then place on top of the vanilla ice cream, cutting biscuits as required. Spoon the coffee ice cream over the sponge finger layer. Smooth the surface. Dip the remaining biscuits one at a time into the coffee liquid and arrange over the coffee ice cream layer. Cover and freeze overnight.
- 4. To serve, lift the tiramisu from the tin, using the paper. Dust with cocoa. Slice and serve with fresh mango.



## 5 INGREDIENT GRAPE & CARAMEL ICE CREAM SQUARES



Serves 8

Prep Time
30 MINS

Freezing
OVERNIGHT

## Ingredients ...

500g AutumnCrisp® green seedless grapes or Sweet Globe™ green seedless grapes

2 litres vanilla ice cream, softened 200g packet Kingston biscuits 1/3 cup (25g) shredded coconut, lightly toasted

1 cup (250ml) thick caramel (Dulce De Leche), plus extra to serve

- 1. Line sides and base of a 20cm square cake pan with baking paper, allowing overhang.
- Place the biscuits into a food processor and pulse until coarsely chopped. Transfer to a bowl, stir in the coconut. Spoon half the biscuit mixture over the base of the cake pan, spreading to cover.
- 3. In a microwave safe bowl, heat caramel uncovered, for 2-3 minutes on Medium/50%, stirring every minute until warm. Drizzle half the caramel over the biscuit mixture. Top with half the ice cream, don't smooth the surface.
- 4. Sprinkle over the remaining biscuit mixture, drizzle the remaining caramel and top with remaining ice cream. Smooth the top surface. Press the grapes into the ice cream. Cover and freeze overnight.
- 5. To serve, lift the ice cream cake out of the pan, cut into squares and serve drizzled with extra warmed caramel if desired.



## PERFECTION RASPBERRY ICE CREAM CRUMBLE



Serves 4 Prep Time
15 MINS

Cook Time
20 MINS

## Ingredients ...

2 x 125g Perfection Raspberries 1/3 cup Biscoff spread

1 litre vanilla ice cream

PISTACHIO CRUMBLE

½ cup (75g) plain flour
½ cup (75g) self-raising flour
125g butter chilled, chopped
½ cup (100g) firmly packed brown sugar
¾ cup (35g) traditional oats
½ cup (75g) pistachio kernels, chopped

- 1. For the crumble, preheat the oven to 180°C fan forced. Line a roasting pan with baking paper.
- 2. Combine the plain flour, self-raising flour and butter in a food processor. Process until the mixture looks sandy. Add brown sugar and process until mixture starts to form large clumps. Transfer to a bowl, stir in the oats and pistachio. Spread over the base of the roasting pan. Bake 15-20 minutes until light golden. Set aside to cool.
- 3. Spoon the Biscoff into a microwave-safe bowl. Warm, uncovered, for 45 seconds on Medium/50%. Spoon the ice cream over the base of large, chilled serving bowl. Drizzle over the Biscoff. Sprinkle over the crumble. Top with raspberries. Serve.





## PERFECTION STRAWBERRY ICE CREAM CRUMBLE







## Ingredients .....

2 x 375g Perfection Strawberries 1/3 cup 1 litre vanilla ice cream

#### PISTACHIO CRUMBLE

½ cup (75g) plain flour
½ cup (75g) self-raising flour
125g butter chilled, chopped
½ cup (100g) firmly packed brown sugar
⅓ cup (35g) traditional oats
½ cup (75g) pistachio kernels, chopped

- 1. For the crumble, preheat the oven to 180°C fan forced. Line a roasting pan with baking paper.
- 2. Combine the plain flour, self-raising flour and butter in a food processor. Process until the mixture looks sandy; alternately, use your fingertips to rub the flour and butter together. Add brown sugar and process until mixture starts to form large clumps. Transfer to a bowl, stir in the oats and pistachio. Spread over the base of the roasting pan. Bake 15-20 minutes until light golden. Set aside to cool.
- 3. Wash and hull the strawberries just before serving. Cut some strawberries in half.
- 4. Spoon the Biscoff into a microwave-safe bowl. Warm, uncovered, for 45 seconds on Medium/50%. Spoon the ice cream over the base of large, chilled serving bowl. Drizzle over the Biscoff. Sprinkle over the crumble. Top with strawberries. Serve.



## PERFECTION BLUEBERRY ICE CREAM CRUMBLE



Serves 4

Prep Time
15 MINS

Cook Time
20 MINS

## Ingredients .....

2 x 125g Perfection Blueberries 1/3 cup Biscoff spread 1 litre vanilla ice cream

PISTACHIO CRUMBLE

½ cup (75g) plain flour

½ cup (75g) self-raising flour

125g butter chilled, chopped

½ cup (100g) firmly packed brown sugar

¾ cup (35g) traditional oats

½ cup (75g) pistachio kernels, chopped

- 1. For the crumble, preheat the oven to 180°C fan forced. Line a roasting pan with baking paper.
- 2. Combine the plain flour, self-raising flour and butter in a food processor. Process until the mixture looks sandy; alternately, use your fingertips to rub the flour and butter together. Add brown sugar and process until mixture starts to form large clumps. Transfer to a bowl, stir in the oats and pistachio. Spread over the base of the roasting pan. Bake 15-20 minutes until light golden. Set aside to cool.
- Spoon the Biscoff into a microwave-safe bowl. Warm, uncovered, for 45 seconds on Medium/50%. Spoon the ice cream over the base of large, chilled serving bowl. Drizzle over the Biscoff. Sprinkle over the crumble. Top with blueberries. Serve.





## CALYPSO® MANGO PISTACHIO BROWNIE BOMB ALASKA



Serves

8

Prep Time

| HOUR

Cook Time 20 MINS

Freezing
OVERNIGHT

## Ingredients

3 Calypso® mangoes

1/3 cup (80g) white sugar

1 lime, juiced

2 litres vanilla ice cream

5 egg whites, at room temperature

1 1/4 cups (280g) caster sugar

Calypso® mango and Perfection

Raspberries, to serve

Freeze dried edible flowers, to decorate, optional

PISTACHIO BROWNIE

150g butter, chopped, melted 1/3 cup (35g) cocoa powder
1 cup (180g) brown sugar
1 egg, lightly beaten
1/2 cup (80g) pistachio kernels, toasted, very finely chopped
1 cup (150g) self-raising flour

- 1. Grease and line a 3cm deep 25cm x 31cm slab pan and a 6.5cm deep 13.5x29cm loaf pan allowing a 2cm overhang. Set pans aside.
- For the brownie, preheat the oven to 180° fan forced. Add the cocoa to the melted butter and whisk until smooth. Cool, then stir in the brown sugar and egg. Add the pistachios and flour, mix well. Press the mixture evenly into the slab pan. Bake for 10 minutes. Set aside to cool.
- 3. Peel and chop the mangoes and place in a saucepan with the white sugar and lime juice. Bring to the boil over mediumhigh heat and stir until sugar dissolves then boil gently, for 4 minutes. Carefully pour into a heatproof bowl and refrigerate for 2 hours. Spoon the ice cream into a large bowl and soften slightly. Stir in the mango mixture.
- 4. Cut the brownie in half lengthways. Trim 1 piece of brownie to fit in the base of loaf pan. Spoon the mango ice cream over the brownie. Top the mango ice cream with the remaining brownie, trimming to fit. Cover and freeze overnight.
- Before serving, whisk egg whites and sugar over simmering water until warm. Transfer to the large bowl of an electric mixer and beaty for 8 minutes until thick and glossy.
- 6. Invert the ice cream loaf onto a serving plate and cover with meringue. Scorch the meringue with a blowtorch. Top with mango and flowers. Serve with mango and raspberries.



## CALYPSO® MANGO PAVLOVA ICE CREAMS



Makes 16

Prep Time
90 MINS

Freezing OVERNIGHT

## Ingredients

4 Calypso $^{\circledR}$  mangoes, peeled, chopped

4 tbs caster sugar

400ml coconut cream

6 (75g) purchased meringue nests

250g Perfection Strawberries, washed, hulled

2 passionfruit, halved

100g white chocolate, melted, optional

- 1. Process the mango and 3 tablespoons sugar until smooth. Transfer to a jug, stir in the coconut cream. Crush 4 meringue nests and stir into the mango mixture. Spoon into 16 ice-block moulds to one-third full. Freeze for 1 hour.
- 2. Process strawberries and remaining sugar until finely chopped. Remove to a bowl, stir in the passionfruit. Cover and refrigerate until ice creams are semi frozen.
- 3. Spoon 1 tablespoon of the strawberry mix into each mould over the partially set mango mixture thenill with the remaining mango mixture. Insert paddle pop sticks. Cover and freeze overnight.
- 4. Dip the moulds into warm water to carefully remove and place on a tray.
- 5. Crumble the remaining 2 meringue nests. Drizzle the white chocolate over the ice creams, then quickly sprinkle over the crushed meringues. Serve.





