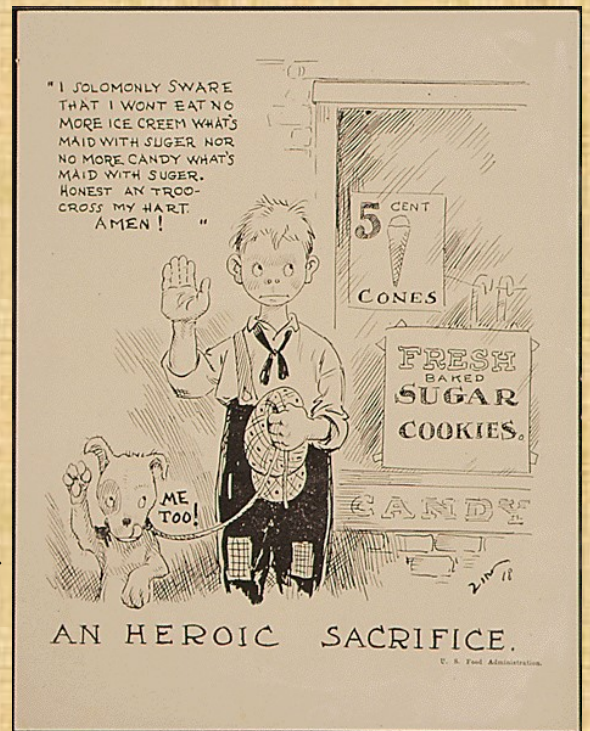


# Macaroon Ice Cream

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.



1 quart cream

1 cup macaroons

3/4 cup sugar

1 tablespoon vanilla

Dry pound and measure macaroons. Add to cream, sugar and vanilla, then freeze.

**Fun Fact:** Culinary historians have traced macaroons to an Italian monastery in the 8th or 9th century. Macaroons have been appearing in cookbooks as far back as 1725.