

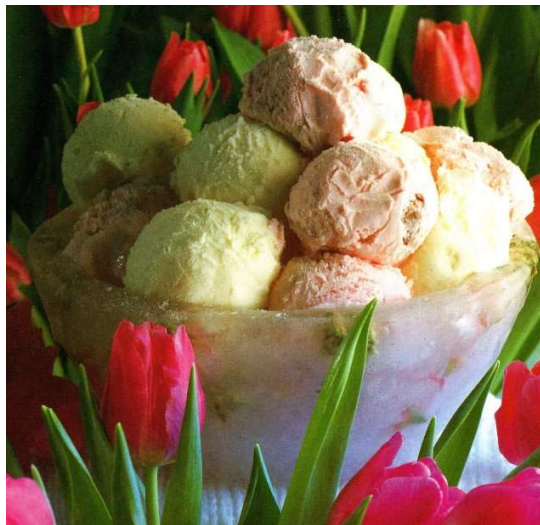
*Julia's Cake & Eat It!*  
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## HOW TO MAKE A FLOWER ICE BOWL



**Tulips are used in this picture for decorative purposes only#**

Take 2 freezer-proof bowls, one of which should be about two thirds smaller than the other. Put some ice cubes in the larger bowl and put the smaller bowl on top of the ice cubes. Pour iced water into the gap between the two bowls. Now add in lots of flowers and petals. Use a variety of different flowers for lots of colour. Add ice cubes on top of the flowers to keep them from floating to the surface. You can make several layers of ice cubes and flowers, which will give a very pretty decorative effect.

Weight down the smaller bowl and place the assembled bowls in the freezer for at least 6 hours.



To unmould, remove the weights from the small bowl and pour in a little lukewarm water. Lift out the smaller bowl and dip the bottom of the larger bowl into lukewarm water to unmould it.

Serve ices or sorbets in the ice flower bowl immediately placing the ice bowl on a napkin with a plate underneath to absorb any water.