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Homemade Mokka Ice Cream

All you need to make your own delicious mocca ice cream are three bowls.

1st bowl - beat well all ingredients below:

- 1 egg
- 2 egg yolks
- 4 Tbs sugar
- 2 Tbs instant coffee* dissolved in 1 Tbs water

2nd bowl - beat together until very stiff:

- 2 egg whites
- 1 Tbs sugar

3rd bowl - whip until very stiff:

- 300ml cream

Mix the contents of the three bowls carefully, fill into a plastic container, freeze – and enjoy!

* If you intend to serve your mocca ice cream after dinner, use decaffeinated instant coffee.

To make chocolate ice cream, replace the instant coffee by 2Tbs cocoa and 2 Tbs Drink-in chocolate.

To make 'Coupe Jamaica', soak some Fruit Mix in some Rum Essence and add, instead of the instant coffee. tb



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Wily foxes embrace easy city life

More and more foxes are seeking their fortunes in towns, where food is ample and people sometimes mistake them for overgrown dachshunds. But the furry predators come bearing unwelcome guests - parasites.

Fox sightings used to be rural affairs, limited to flashes of reddish-yellow eyes reflected in the headlights of passing cars.



But these days, it is not unusual to see foxes walking around the center of major cities. They've even been seen crossing the street along with pedestrians.

One particular fox couple, "Felix" and his girlfriend "Speedy", waits for the proper signal to cross the street along with the pedestrians. On one occasion they were observed crossing a busy thoroughfare along with the work crowd. No one noticed them.

Foxes have become so accustomed to people that some can be hand-fed like dogs. The cunning canine predators have realized that cities provide them with more food and shelter than the surrounding countryside.

While rabies has been largely wiped out by medicated traps, foxes breed another danger for humans: small fox tapeworm. The parasite can cause a potentially fatal infection called echinococcosis. With rabies largely eradicated through immunization treatments, people have a false sense of security about foxes. Unlike rabies, there is no way to immunize foxes against tapeworm.

Foxes pick up the tapeworm from mice, one of their favorite

field delicacies. Tapeworm eggs end up in fox feces, which are spread around gardens and cities by rodents and slugs. Humans, in turn, contract the tapeworm by unwittingly eating its eggs -- from unwashed hands after yard work, from seemingly benign sidewalk litter, or while munching on unwashed garden vegetables. Dogs and cats can also bring the worms indoors after playing outside.

Once inside a human host, the parasite is patient. It can take between 10 and 15 years from the initial infection for symptoms to appear. The first signs of echinococcosis resemble jaundice, as the worm's larvae ravage the victim's liver. Untreated, the infestation can spread to other internal organs. It can only be slowed by chemotherapy. There is no permanent cure.

With foxes living so close to people ? sleeping under their backyard sheds by day, feasting on their compost piles by night – we have seen an alarming rise in the number of cases of tapeworm. Germany had 16 cases in 2006, and the risk of contracting echinococcosis today is seven times greater than it was 20 years ago.

Ten Times More Food

And it will likely get worse. Food sources for foxes are 10 times more plentiful in the city than in the country, so they are multiplying rapidly in urban areas. The red fox population has quadrupled in the last 15 years. People help them thrive by leaving cat food at their backdoors and compost piles unprotected.

Some residents are intentionally feeding the foxes, even by hand. As a result the foxes are losing their shyness. They have become so domesticated that people sometimes mistake them for dachshunds. And the foxes are enjoying the attention. The next generation of foxes will get closer, you may be able to touch them. Then the generation after that will come into your house.