

Avocado Lime Ice Cream

Makes about 1-½ quarts ice cream

Ingredients

4 cups milk

1 cup sugar

3 egg yolks

4 ripe avocados

Juice and peel of 2 limes



Method Steps

1. Combine milk and sugar in medium saucepan. Cook and stir over medium-high heat just until milk begins to boil; remove from heat.
2. Whisk egg yolk in medium bowl. Continue whisking while very slowly pouring in ¼ cup hot milk mixture. Slowly pour egg mixture into saucepan with remaining milk mixture. Cook over medium heat and whisk slowly until first bubble forms. *Do not boil.*
3. Pour mixture into medium bowl; cover and refrigerate 2 hours or until cold.
4. Attach flat beater to stand mixer. Cut avocados in half; remove pits. Scoop avocado into mixer bowl. Add lime peel and juice. Beat on medium until smooth; scrape bowl. Add chilled milk mixture; beat on low until blended.* *For a smoother ice cream strain mixture through a fine-mesh sieve.
5. Attach frozen Ice Cream Maker bowl and dasher to stand mixer. Turn mixer to stir; pour cold mixture into bowl with mixer running. Continue to stir 20 to 30 minutes or until consistency of soft-serve ice cream.
6. Transfer ice cream to airtight containers and freeze several hours or until firm. Use within one week.

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Information Provided By KitchenAid

Espresso Gelato

Makes about 5 cups

Ingredients

- 2½ cups whole milk
- 1 cup heavy cream
- ¾ cup very coarsely ground espresso or Italian roast coffee beans
- 1 cup sugar

- 3 egg yolks
- 1 tablespoon plus 2 teaspoons cornstarch
- 1 teaspoon vanilla
- 1 cup mini chocolate chips (optional)



Method Steps

1. Heat milk, cream, and espresso beans in heavy-bottomed medium saucepan over medium heat until bubbles form around edges of liquid. Remove from heat and let steep for 10 minutes.
2. Whisk sugar, egg yolks, and cornstarch together to form thick paste. Gradually whisk in hot espresso mixture. Rinse saucepan. Pour cream mixture into saucepan. Cook over medium heat, whisking constantly, being sure to reach into corners of saucepan, until mixture is barely simmering (cornstarch will prevent curdling). Strain through fine wire sieve (or standard sieve lined with moistened and wrung-out cheesecloth) into heatproof medium bowl. Stir in vanilla. Refrigerate at least 2 hour or until chilled.
3. Pour into frozen ice cream maker bowl. Fit frozen ice cream bowl and dasher on stand mixer. Turn mixer to stir and pour in cream mixture; stir on low 25 minutes or until the mixture is the consistency of soft-serve ice cream. Mix in chocolate chips, if desired.
4. Transfer ice cream to freezer containers. Freeze 2 hours or until firm.

