



Brandy butter ice cream



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



1

CALORIES



2711 kcal

DESSERT

Ingredients

- ☐ 140 g butter
- ☐ 100 ml brandy
- ☐ 300 ml milk
- ☐ 2 large egg yolk
- ☐ 175 g brown sugar light soft
- ☐ 150 ml double cream

Equipment

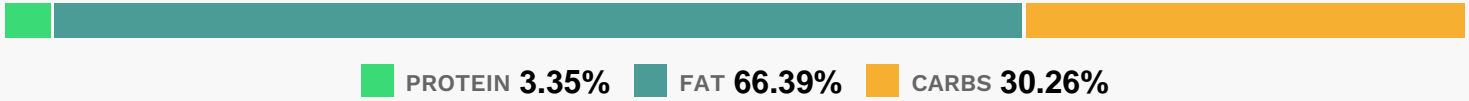
- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ wooden spoon

Directions

- ☐ Heat the butter in a small pan until just starting to take on a nutty brown colour remove from the heat straight away as it will continue to colour. Stir in the brandy, then leave to cool.
- ☐ Heat the milk in a saucepan but dont let it boil.
- ☐ Whisk the egg yolks and sugar in a bowl until pale.
- ☐ Pour over the hot milk, whisking continuously, then return to the saucepan set over a low heat. Cook for 3-4 mins, stirring the whole time with a wooden spoon, until the custard thickens enough to coat the back of your spoon. Leave to cool.
- ☐ Whisk the cream until it forms soft, billowy peaks. Fold in the brandy butter and the custard mixture. Churn in an ice-cream machine until set, then keep in the freezer for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:103, Glycemic Load:5.53, Inflammation Score:-10, Nutrition Score:28.71347833198%

Nutrients (% of daily need)

Calories: 2711.29kcal (135.56%), Fat: 186.92g (287.58%), Saturated Fat: 115.67g (722.92%), Carbohydrates: 191.71g (63.9%), Net Carbohydrates: 191.71g (69.71%), Sugar: 189.31g (210.35%), Cholesterol: 875.84mg (291.95%), Sodium: 1124.85mg (48.91%), Alcohol: 33.88g (100%), Alcohol %: 4.72% (100%), Protein: 21.24g (42.48%), Vitamin A: 6708.27IU (134.17%), Calcium: 702.86mg (70.29%), Phosphorus: 577.27mg (57.73%), Vitamin B2: 0.94mg (55.4%), Vitamin D: 7.65µg (51.02%), Selenium: 32.95µg (47.06%), Vitamin B12: 2.81µg (46.89%), Vitamin E: 5.67mg (37.79%), Vitamin B5: 2.94mg (29.4%), Potassium: 912.89mg (26.08%), Vitamin B6: 0.44mg (21.88%), Vitamin B1: 0.28mg (18.42%), Zinc: 2.63mg (17.55%), Magnesium: 67.94mg (16.99%), Folate: 61.63µg (15.41%), Vitamin K: 15.79µg (15.04%), Iron: 2.39mg (13.28%), Manganese: 0.16mg (8.14%), Copper: 0.15mg (7.47%), Vitamin B3: 0.69mg (3.47%), Vitamin C: 0.91mg (1.1%)