



Chestnut Ice Cream with Chocolate Grand Marnier Sauce

 Gluten Free

READY IN



240 min.

SERVINGS



4

CALORIES



1129 kcal

Ingredients

- ☐ 1 cup bittersweet chocolate unsweetened finely chopped (not)
- ☐ 1.5 cups t brown sugar dark packed
- ☐ 6 large egg yolk
- ☐ 3 tablespoons grand marnier to taste
- ☐ 1 cup cup heavy whipping cream
- ☐ 4 inch orange zest fresh with a vegetable peeler
- ☐ 1 cup roasted fresh shelled ()
- ☐ 0.3 teaspoon salt

- ☐ 2 tablespoons butter unsalted
- ☐ 1 teaspoon vanilla
- ☐ 3 cups milk whole

Equipment

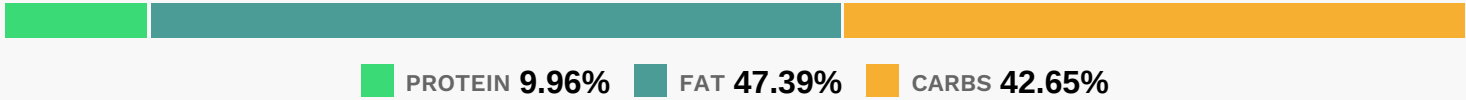
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ hand mixer
- ☐ kitchen thermometer

Directions

- ☐ Finely chop chestnuts and cook with 1 1/4 cups milk at a bare simmer in a large heavy saucepan, uncovered, stirring occasionally, 15 minutes. Purée in a blender until smooth (use caution when blending hot liquids).
- ☐ Bring cream and remaining 1 3/4 cups milk just to a simmer in heavy saucepan and remove from heat.
- ☐ Beat together yolks and brown sugar in a large bowl with an electric mixer at high speed until thick and pale and mixture forms a ribbon when beaters are lifted.
- ☐ Whisk 1/3 of hot cream mixture into yolk mixture to temper, then whisk yolk mixture into remaining cream mixture. 3
- ☐ Whisk in chestnut purée and salt, then add zest. Cook over moderately low heat, stirring constantly, just until mixture registers 170°F on an instant-read thermometer (do not boil).
- ☐ Immediately pour custard through a fine sieve into a clean metal bowl and stir in vanilla. Set bowl in a larger bowl of ice and cold water and cool custard, stirring occasionally. Chill, surface covered with waxed paper, until cold, at least 3 hours.
- ☐ Freeze custard in ice-cream maker, then transfer to an airtight container and put in freezer to harden.
- ☐ Bring cream just to a simmer in a heavy saucepan over moderate heat and remove from heat.

- ☐ Add chocolate and butter, whisking until smooth.
- ☐ Whisk in Grand Marnier.
- ☐ Serve ice cream with sauce.
- ☐ Custard can be chilled up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:3.25, Inflammation Score:-8, Nutrition Score:27.134782272836%

Nutrients (% of daily need)

Calories: 1129.28kcal (56.46%), Fat: 58.97g (90.73%), Saturated Fat: 33.51g (209.43%), Carbohydrates: 119.41g (39.8%), Net Carbohydrates: 115.64g (42.05%), Sugar: 110.52g (122.8%), Cholesterol: 419.53mg (139.84%), Sodium: 301.48mg (13.11%), Alcohol: 3.27g (100%), Alcohol %: 0.87% (100%), Caffeine: 40.55mg (13.52%), Protein: 27.88g (55.75%), Selenium: 40.72µg (58.17%), Phosphorus: 571.87mg (57.19%), Calcium: 401.89mg (40.19%), Vitamin B2: 0.64mg (37.53%), Vitamin B6: 0.72mg (36.1%), Vitamin A: 1746.29IU (34.93%), Manganese: 0.66mg (33.17%), Vitamin B12: 1.97µg (32.88%), Copper: 0.66mg (32.79%), Magnesium: 128.36mg (32.09%), Vitamin D: 4.68µg (31.22%), Vitamin B1: 0.44mg (29.28%), Potassium: 949.77mg (27.14%), Zinc: 3.75mg (24.97%), Iron: 4.46mg (24.76%), Vitamin B5: 2.3mg (22.98%), Vitamin B3: 4.14mg (20.69%), Fiber: 3.77g (15.08%), Vitamin E: 1.8mg (12%), Folate: 41.41µg (10.35%), Vitamin K: 6.27µg (5.97%), Vitamin C: 3.81mg (4.62%)