



Chocolate-Covered Mint Ice Cream Terrine

 Gluten Free

READY IN



300 min.

SERVINGS



8

CALORIES



171 kcal

DESSERT

Ingredients

- ☐ 3.5 ounces fine-quality bittersweet chocolate 70% (preferably cacao)
- ☐ 1 tablespoon crème de cassis liqueur
- ☐ 0.3 cup dutch-process cocoa powder unsweetened
- ☐ 4 large egg yolks
- ☐ 1 cup mint leaves fresh packed
- ☐ 0.3 cup heavy cream
- ☐ 3 tablespoons sugar
- ☐ 0.3 cup water

☐ 0.7 cup milk whole

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ kitchen thermometer
- ☐ spatula
- ☐ ice cream machine
- ☐ offset spatula

Directions

- ☐ Blend together cream, milk, and mint in a blender just until mint is finely chopped.
- ☐ Bring cream mixture to a boil in a heavy medium saucepan, then let stand off heat 5 minutes.
- ☐ Whisk together egg yolks and sugar, then slowly add cream mixture, whisking to combine. Return mixture to saucepan and cook over medium heat, stirring constantly with a wooden spatula, until custard thickens slightly and registers 175°F on an instant-read thermometer (do not let boil).
- ☐ Immediately strain custard thorough a fine-mesh sieve set over a metal bowl, pressing on and then discarding solids. Quick-chill custard by setting bowl in a larger bowl of ice and cold water and stirring occasionally until cold, about 20 minutes.
- ☐ Freeze custard in ice cream maker.

- ☐ Lightly oil terrine, then line long sides and bottom with a sheet of parchment paper, leaving at least 2 inches of overhang on each side.
- ☐ Pack terrine with ice cream, smoothing top with offset spatula, then cover with parchment overhang. Freeze until completely firm, at least 3 hours. make chocolate coating while terrine is freezing: Finely chop chocolate (preferably in a food processor).
- ☐ Bring water, cream, sugar, and cocoa to a boil in a small heavy saucepan, whisking until sugar is dissolved.
- ☐ Remove from heat and stir in crème de menthe and chocolate, stirring gently with whisk until chocolate is melted and smooth. Cool to room temperature (chocolate should still be liquid; do not chill), about 20 minutes.
- ☐ Put a 12- by 9-inch piece of parchment on a small baking sheet (if using other than 12- by 2- by 2-inch terrine, adjust dimensions of parchment accordingly), holding it down with dabs of chocolate under each corner.
- ☐ Spread chocolate evenly over parchment with cleaned offset spatula, leaving a 1/2-inch border on all sides. Chill on baking sheet until set, about 1 hour.
- ☐ Remove terrine from freezer and open flaps of parchment. Run a hot knife along short sides to loosen, then invert terrine onto a sheet of plastic wrap.
- ☐ Remove mold and discard parchment.
- ☐ Remove terrine from plastic wrap and arrange lengthwise on its side on set chocolate so that bottom of ice cream is 1 1/2 inches from a long edge of chocolate.
- ☐ Roll up ice cream tightly in coating (still on parchment) until edges of chocolate meet, then press together so that excess chocolate and parchment are standing up like a seam (you will trim it off later).
- ☐ Immediately freeze terrine until chocolate is firm, at least 1 hour. Starting from seam, peel parchment off both sides of terrine. Trim excess chocolate from seam with kitchen shears and trim open ends with a knife. Invert terrine onto a platter and peel parchment off top.
- ☐ · Ice cream can be made 2 days ahead.· Terrine can be made 1 day ahead. Cover with plastic wrap once chocolate is firm.
- ☐ Let soften 5 to 10 minutes before slicing.

Nutrition Facts



PROTEIN 8.55% FAT 55.63% CARBS 35.82%

Properties

Glycemic Index:13.51, Glycemic Load:3.5, Inflammation Score:-5, Nutrition Score:6.5130435021027%

Flavonoids

Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg, Catechin: 1.74mg Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg, Epicatechin: 5.28mg Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg, Eriodictyol: 1.74mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg, Apigenin: 0.3mg Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg, Luteolin: 0.71mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 171.02kcal (8.55%), Fat: 10.78g (16.59%), Saturated Fat: 5.86g (36.65%), Carbohydrates: 15.62g (5.21%), Net Carbohydrates: 13.19g (4.8%), Sugar: 11.11g (12.35%), Cholesterol: 103.39mg (34.46%), Sodium: 17.99mg (0.78%), Alcohol: 0.56g (100%), Alcohol %: 0.97% (100%), Caffeine: 16.85mg (5.62%), Protein: 3.73g (7.45%), Manganese: 0.34mg (17.01%), Copper: 0.29mg (14.31%), Phosphorus: 114.08mg (11.41%), Magnesium: 43.22mg (10.81%), Vitamin A: 509.99IU (10.2%), Selenium: 6.83µg (9.76%), Fiber: 2.44g (9.75%), Iron: 1.69mg (9.37%), Vitamin B2: 0.12mg (6.78%), Calcium: 66.02mg (6.6%), Zinc: 0.87mg (5.82%), Potassium: 190.1mg (5.43%), Vitamin D: 0.8µg (5.34%), Vitamin B12: 0.31µg (5.16%), Folate: 19.98µg (4.99%), Vitamin B5: 0.41mg (4.12%), Vitamin B6: 0.06mg (2.97%), Vitamin B1: 0.04mg (2.57%), Vitamin E: 0.37mg (2.49%), Vitamin C: 1.83mg (2.22%), Vitamin B3: 0.29mg (1.43%), Vitamin K: 1.32µg (1.26%)