



Clotted cream & stem ginger ice cream



Vegetarian



Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



307 kcal

DESSERT

Ingredients

- ☐ 600 ml milk
- ☐ 225 g clotted cream
- ☐ 1 vanilla pod
- ☐ 6 medium egg yolk
- ☐ 85 g sugar
- ☐ 100 g ginger finely chopped

Equipment

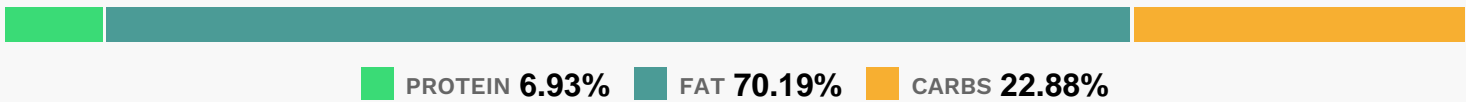
- ☐ food processor

- ☐ bowl
- ☐ frying pan
- ☐ wooden spoon
- ☐ ice cream machine

Directions

- ☐ Put the milk and clotted cream into a non-stick pan. Scrape out the seeds from the vanilla pod, add pod and seeds to the milk and cream, and bring almost to the boil. Set aside for 20 mins.
- ☐ Cream the egg yolks and sugar together in a bowl. Bring the milk and cream back to the boil, remove the vanilla pod, then pour the mixture onto the egg yolks, stirring all the time.
- ☐ Strain the mixture back into the cleaned-out pan and cook over a gentle heat, stirring constantly, until the mixture has thickened and lightly coats the back of a wooden spoon. Do not let the mixture boil or it will curdle.
- ☐ Pour back into the bowl and leave to cool, then cover and chill overnight. The next day, churn in an ice-cream maker, stirring the stem ginger and syrup into the mixture just before freezing. If you do not have an ice cream machine, you can pour the mixture into a shallow container, cover and freeze until firm but not rock hard, then whizz in a food processor until smooth. Re-freeze and repeat the process 2-3 times more. Store in the freezer until needed.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:9.09, Inflammation Score:-2, Nutrition Score:5.8982608499734%

Nutrients (% of daily need)

Calories: 307.35kcal (15.37%), Fat: 24.13g (37.13%), Saturated Fat: 13.92g (86.99%), Carbohydrates: 17.7g (5.9%), Net Carbohydrates: 17.45g (6.35%), Sugar: 15.26g (16.95%), Cholesterol: 200.08mg (66.69%), Sodium: 37.6mg (1.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.36g (10.72%), Phosphorus: 151.9mg (15.19%), Selenium: 9.18µg (13.12%), Calcium: 130.6mg (13.06%), Vitamin B12: 0.68µg (11.35%), Vitamin D: 1.67µg (11.16%), Vitamin B2: 0.18mg (10.84%), Vitamin A: 432.48IU (8.65%), Vitamin B5: 0.72mg (7.18%), Potassium: 207.2mg (5.92%), Vitamin B6: 0.11mg (5.72%), Vitamin E: 0.79mg (5.3%), Folate: 21.08µg (5.27%), Vitamin B1: 0.07mg (4.68%), Zinc: 0.67mg (4.47%), Magnesium: 17.21mg (4.3%), Iron: 0.45mg (2.49%), Copper: 0.04mg (2.01%), Manganese: 0.04mg (1.98%)