



Cuban Coffee Ice Cream with Dulce de Leche



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



362 kcal

DESSERT

Ingredients

- ☐ 1 cup coffee-bean granita coarsely chopped
- ☐ 6 large egg yolk
- ☐ 2 tablespoons rum
- ☐ 0.8 cup sugar
- ☐ 1 teaspoon vanilla
- ☐ 2 cups whipping cream
- ☐ 2 cups milk whole

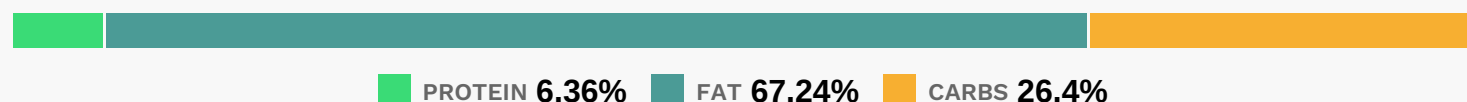
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ sieve
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ In a bowl, beat egg yolks to blend.
- ☐ In a 3- to 4-quart pan over medium-high heat, combine milk, cream, sugar, and coffee beans; stir until sugar is dissolved and mixture is simmering.
- ☐ Remove from heat, cover, and let stand 30 minutes.
- ☐ Pour through a fine strainer into a bowl; discard coffee beans. Rinse pan, return milk mixture to it, and bring to a simmer over low heat.
- ☐ Whisk 1/2 cup of the warm milk mixture into egg yolks; pour yolk mixture into pan. Stir constantly over low heat until mixture is thick enough to coat the back of a spoon, 4 to 6 minutes; do not boil.
- ☐ Pour into a clean bowl and chill, stirring occasionally, until cold, about 2 hours; if desired, cover and chill up to 1 day.
- ☐ Stir rum and vanilla into custard. Freeze mixture in a 1-quart or larger ice cream maker according to manufacturer's directions.
- ☐ Serve, or transfer ice cream to an airtight container and freeze until firm, at least 6 hours, or up to 1 week. Scoop into bowls and top with dulce de leche.
- ☐ Dulce de Leche. In a heavy 5- to 6-quart pan over medium-high heat, stir 4 cups whole milk and 1 1/4 cups sugar until sugar is dissolved and mixture is boiling. Stir in 1/2 teaspoon baking soda. Reduce heat to low and simmer, stirring occasionally with a flexible spatula, until mixture is golden brown and reduced to about 2 cups, about 1 1/2 hours.
- ☐ Pour through a fine strainer into a bowl; discard residue. Makes 2 cups.

Nutrition Facts



Properties

Glycemic Index:15.39, Glycemic Load:14.17, Inflammation Score:-5, Nutrition Score:6.76999999964756%

Nutrients (% of daily need)

Calories: 362.24kcal (18.11%), Fat: 26.87g (41.34%), Saturated Fat: 16.04g (100.23%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 23.73g (8.63%), Sugar: 23.52g (26.13%), Cholesterol: 212.26mg (70.75%), Sodium: 45.63mg (1.98%), Alcohol: 1.42g (100%), Alcohol %: 1.09% (100%), Caffeine: 12.51mg (4.17%), Protein: 5.72g (11.44%), Vitamin A: 1157.32IU (23.15%), Vitamin B2: 0.27mg (15.74%), Vitamin D: 2.31µg (15.41%), Phosphorus: 146.02mg (14.6%), Selenium: 10.2µg (14.57%), Calcium: 130.99mg (13.1%), Vitamin B12: 0.67µg (11.22%), Vitamin B5: 0.76mg (7.61%), Vitamin E: 0.91mg (6.05%), Folate: 21µg (5.25%), Vitamin B6: 0.1mg (5.14%), Potassium: 163.11mg (4.66%), Zinc: 0.69mg (4.6%), Vitamin B1: 0.07mg (4.59%), Magnesium: 12.18mg (3.05%), Iron: 0.42mg (2.33%), Vitamin K: 2.18µg (2.07%)