



Macadamia Nut Spring Roll with Brown Sugar Ice Cream and Carambola Pickles

 Gluten Free

READY IN



115 min.

SERVINGS



4

CALORIES



2890 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon peppercorns black
- 0.5 cup butter
- 3 tablespoons candied ginger finely chopped
- 2 cups cider vinegar
- 0.3 cup plus dark
- 4 egg yolks
- 0.8 cup heavy cream

- 2 cups heavy cream
- 0.8 cup brown sugar light
- 2 cups macadamia nuts roughly chopped
- 1 cup milk
- 4 servings oil for frying
- 2 tablespoons pickled ginger sliced
- 1 pinch saffron threads
- 4 sheets you will also need: parchment paper
- 3 star anise
- 8 star fruit sliced thin
- 2 cups sugar
- 4 cups sugar
- 0.5 vanilla pod split
- 0.5 teaspoon vanilla paste
- 0.5 cup water
- 4 servings water

Equipment

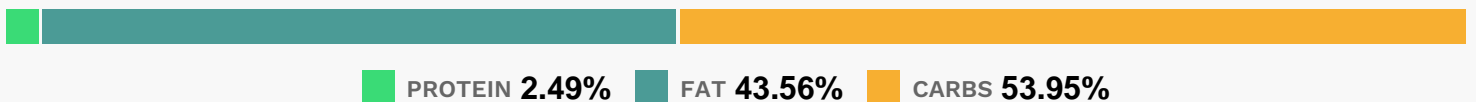
- bowl
- sauce pan
- pot
- ice cream scoop
- ice cream machine
- skimmer

Directions

- In a small saucepan over medium heat, combine the sugar and water and bring to a boil. Cook the sugar until it caramelizes to a nice amber color.

- Remove from heat and slowly add the cream. Return to heat and stir until the sugar and cream are completely incorporated and smooth.
- Add the butter, candied ginger, and chopped nuts and allow the mixture to cool slightly. If the mixture gets too cool, simply reheat it slightly.
- Next, place the spring roll wrappers down on the table like a diamond, with one point closest to you. Divide the filling evenly between the 4 wrappers. Fold the point over the filling and roll. Fold over the left side and then the right side to seal the ends and continue to roll until a small triangle remains.
- Brush the edge with water and press to seal the end. Fry in 360 degree F oil, just to brown the skin.
- To make the ice cream, bring the milk, cream, sugar, and split vanilla bean to a boil. In a separate bowl, combine the egg yolks and corn syrup and stir. Once the milk has boiled, pour half of the milk into the yolks and stir until combined.
- Add the remaining milk and put back on the heat. Continue to stir until the mixture reaches 180 degrees F. Strain the mixture and cool in an ice bath.
- Place the mixture in an ice cream machine and freeze according to manufacturer's instructions.
- To prepare the carambola pickles, combine the vinegar, sugar, ginger, pepper, anise, vanilla, and saffron in a pot and bring to a boil.
- Remove mixture from heat and add the carambola slices.
- Let the carambola steep for 5 minutes.
- Remove the carambola with a skimmer, cool the liquid in a ice bath, return the carambola to cold syrup, and keep in the refrigerator.
- To serve, slice the wraps in half on a diagonal and place in the center of a plate. Scoop the ice cream and place it on the side of the wrap. Top each ice cream scoop with a couple carambola slices.

Nutrition Facts



Properties

Glycemic Index:131.55, Glycemic Load:229, Inflammation Score:-9, Nutrition Score:36.393043269282%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

Nutrients (% of daily need)

Calories: 2889.51kcal (144.48%), Fat: 144.4g (222.16%), Saturated Fat: 63.45g (396.57%), Carbohydrates: 402.44g (134.15%), Net Carbohydrates: 391.02g (142.19%), Sugar: 380.75g (423.05%), Cholesterol: 448.79mg (149.6%), Sodium: 408.97mg (17.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.57g (37.13%), Manganese: 3.36mg (168.12%), Vitamin C: 64.94mg (78.71%), Vitamin A: 3589.5IU (71.79%), Vitamin B1: 1mg (66.71%), Copper: 0.94mg (46.94%), Fiber: 11.42g (45.69%), Vitamin B2: 0.75mg (43.97%), Phosphorus: 411.72mg (41.17%), Selenium: 26.74µg (38.2%), Magnesium: 147.2mg (36.8%), Calcium: 346.27mg (34.63%), Vitamin D: 4.26µg (28.41%), Potassium: 975.93mg (27.88%), Iron: 4.83mg (26.81%), Vitamin E: 3.81mg (25.37%), Vitamin B5: 2.52mg (25.21%), Vitamin B6: 0.41mg (20.7%), Folate: 75.44µg (18.86%), Vitamin B3: 3.35mg (16.74%), Vitamin B12: 0.99µg (16.55%), Zinc: 2.46mg (16.39%), Vitamin K: 9.99µg (9.51%)