



Mandarin Orange Ice Cream with Sesame Brittle



Vegetarian



Gluten Free

READY IN



660 min.

SERVINGS



4

CALORIES



1197 kcal

DESSERT

Ingredients

- ☐ 0.5 cup sesame seed black toasted (not)
- ☐ 3 cups clementine juice fresh
- ☐ 6 large egg yolks
- ☐ 3 cups heavy cream
- ☐ 3 tablespoons mild honey
- ☐ 0.5 tablespoon orange zest grated
- ☐ 0.7 cup sugar

- ☐ 0.7 cup sesame seed white toasted (not)

Equipment

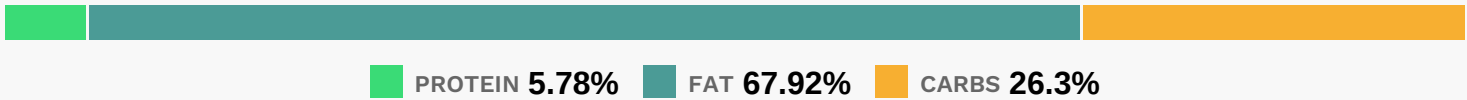
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ ice cream machine
- ☐ offset spatula
- ☐ cutting board

Directions

- ☐ Bring cream, juice, and a pinch of salt to a simmer in a heavy medium saucepan over medium heat.
- ☐ Whisk together yolks, sugar, and honey, then add half of cream mixture in a slow stream, whisking constantly.
- ☐ Pour back into saucepan and cook over medium heat, stirring constantly with a wooden spoon, until custard thickens slightly and registers 170 to 175°F on an instant-read thermometer (do not let boil).
- ☐ Strain through a fine-mesh sieve into a bowl and stir in zest. Chill custard, stirring occasionally, until cold, at least 6 hours.
- ☐ Place a large sheet of foil (shiny side up) on a heatproof work surface.
- ☐ Toast white and black sesame seeds in a large heavy skillet over medium heat, stirring until white seeds are golden, about 8 minutes, then transfer to a plate.
- ☐ Heat sugar and honey with a pinch of salt in a 2 quart heavy sauce pan over medium heat, stirring often, until deep golden, about 5 minutes. Stir in sesame seeds and remove from heat.

- ☐ Pour mixture onto foil, smoothing top and spreading into a 10-to 11-inch round with a metal offset spatula (mixture will be very hot), then cool to room temperature.
- ☐ Invert brittle onto a cutting board and peel off foil.
- ☐ Cut brittle into small pieces.
- ☐ Transfer to airtight container.
- ☐ Freeze custard in an ice cream maker in 2 separate batches. Fold 3/4 cup sesame brittle into each batch after freezing.
- ☐ Transfer to an airtight container and put in freezer to firm up, about 4 hours.
- ☐ Serve with remaining brittle if desired.
- ☐ •Custard can be chilled up to 24 hours. •Ice cream keeps 1 week. •Sesame brittle keeps in an airtight container at room temperature 3 months.

Nutrition Facts



Properties

Glycemic Index:58.59, Glycemic Load:31.91, Inflammation Score:-10, Nutrition Score:36.134782314301%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 31.84mg, Hesperetin: 31.84mg, Hesperetin: 31.84mg, Hesperetin: 31.84mg Naringenin: 2.72mg, Naringenin: 2.72mg, Naringenin: 2.72mg, Naringenin: 2.72mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 1196.55kcal (59.83%), Fat: 93.41g (143.71%), Saturated Fat: 46.58g (291.12%), Carbohydrates: 81.38g (27.13%), Net Carbohydrates: 75.78g (27.56%), Sugar: 70.22g (78.02%), Cholesterol: 477.11mg (159.04%), Sodium: 68.1mg (2.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.87g (35.74%), Copper: 1.88mg (94.01%), Vitamin A: 3476.87IU (69.54%), Vitamin C: 56.11mg (68.01%), Calcium: 612.57mg (61.26%), Manganese: 1.18mg (58.76%), Phosphorus: 505.1mg (50.51%), Selenium: 35.2µg (50.28%), Magnesium: 182.69mg (45.67%), Iron: 7.7mg (42.76%), Vitamin B2: 0.63mg (36.96%), Vitamin B1: 0.53mg (35.55%), Zinc: 4.5mg (30%), Vitamin B6: 0.58mg (29.02%), Vitamin D: 4.23µg (28.22%), Folate: 96.68µg (24.17%), Fiber: 5.6g (22.39%), Potassium: 743.79mg (21.25%), Vitamin E: 2.65mg (17.69%), Vitamin B5: 1.49mg (14.86%), Vitamin B12: 0.78µg (13.05%), Vitamin B3: 2.31mg (11.53%), Vitamin K: 5.89µg (5.61%)