



Maple-Fig Ice Cream



Vegetarian



Gluten Free

READY IN



465 min.

SERVINGS



4

CALORIES



608 kcal

DESSERT

Ingredients

- ☐ 1 tablespoon brandy
- ☐ 4 large egg yolks at room temperature
- ☐ 0.3 cup remaining fig puree
- ☐ 4 ounces to 9 calimyrna figs dried trimmed
- ☐ 1.3 cups heavy whipping cream at room temperature
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.3 cup maple syrup pure (preferably grade B)
- ☐ 2 tablespoons maple syrup pure

- ☐ 4 servings pinenuts toasted for garnish
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 0.3 cup sugar

Equipment

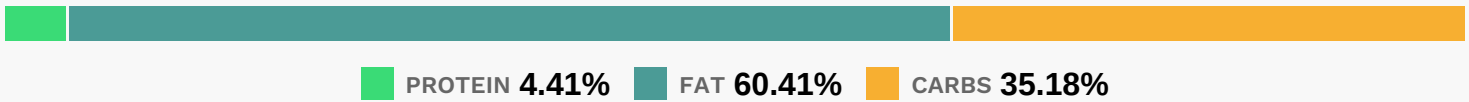
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ ice cream machine

Directions

- ☐ Watch how to make this recipe.
- ☐ Special equipment: ice cream-maker
- ☐ Bring 2 cups water and the figs to a simmer in heavy small saucepan over high heat. Cover and reduce the heat to medium-low and simmer, turning occasionally, until the figs are very tender, about 30 minutes.
- ☐ Transfer the figs and 1/2 cup of the cooking liquid to a food processor (or add some water to make 1/2 cup). Blend until the figs are pureed and no large lumps remain.
- ☐ Transfer to a small bowl, cover and chill. (Fig puree can be made 1 week ahead.)
- ☐ Whisk the whipping cream, sugar, maple syrup, salt and egg yolks in a heavy large saucepan until blended.
- ☐ Whisk over medium heat until the custard thickens enough to coat a spoon (and the temperature registers 170 degrees F to 180 degrees F), 4 to 5 minutes.
- ☐ Remove the pan from the heat and immediately whisk 1/2 cup of the fig puree into the custard, reserving the remaining fig puree.
- ☐ Transfer the custard to a bowl and chill uncovered until cool, stirring occasionally, about 1 hour.
- ☐ Whisk in the sour cream and brandy.

- ☐
- Process the custard in an ice cream maker according to the manufacturer's instructions.
- ☐
- Transfer to a bowl, cover tightly and freeze until firm, at least 6 hours and up to 3 days.
- ☐
- Scoop the ice cream into goblets or bowls. Spoon some Brandied Maple-Fig Sauce on top, sprinkle with pine nuts and serve.
- ☐
- Stir the fig puree, maple syrup and brandy in a small bowl until blended. Cover and chill until needed. (The sauce can be made 1 day ahead.)

Nutrition Facts



Properties

Glycemic Index:70.02, Glycemic Load:24.98, Inflammation Score:-7, Nutrition Score:15.453043491944%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg, Catechin: 0.69mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg, Quercetin: 2.36mg

Nutrients (% of daily need)

Calories: 607.85kcal (30.39%), Fat: 41.33g (63.59%), Saturated Fat: 20.99g (131.2%), Carbohydrates: 54.15g (18.05%), Net Carbohydrates: 52.53g (19.1%), Sugar: 48.71g (54.12%), Cholesterol: 276.79mg (92.26%), Sodium: 180.93mg (7.87%), Alcohol: 1.25g (100%), Alcohol %: 0.75% (100%), Protein: 6.8g (13.59%), Manganese: 1.8mg (89.76%), Vitamin B2: 0.76mg (44.96%), Vitamin A: 1512.87IU (30.26%), Phosphorus: 180.56mg (18.06%), Selenium: 12.38µg (17.68%), Vitamin D: 2.19µg (14.58%), Vitamin E: 2.17mg (14.48%), Calcium: 137.45mg (13.75%), Magnesium: 47.18mg (11.79%), Zinc: 1.57mg (10.48%), Potassium: 344.49mg (9.84%), Vitamin K: 10.17µg (9.68%), Copper: 0.19mg (9.36%), Vitamin B1: 0.13mg (8.92%), Vitamin B5: 0.89mg (8.91%), Folate: 34.34µg (8.59%), Vitamin B12: 0.47µg (7.85%), Vitamin B6: 0.15mg (7.4%), Iron: 1.31mg (7.29%), Fiber: 1.62g (6.48%), Vitamin B3: 0.7mg (3.51%), Vitamin C: 1.47mg (1.79%)