



## Mint Chocolate Chip Ice Cream



Gluten Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



2

CALORIES



2916 kcal

DESSERT

### Ingredients

- ☐ 3 cups spearmint leaves fresh packed rinsed drained (not stems)
- ☐ 1 cup milk
- ☐ 2 cups heavy cream divided (, 1 cup and 1 cup)
- ☐ 0.7 cup sugar
- ☐ 1 pinch salt
- ☐ 6 egg yolks
- ☐ 6 ounces chocolate dark chopped fine

### Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon
- ☐ stove
- ☐ spatula
- ☐ ice cream machine

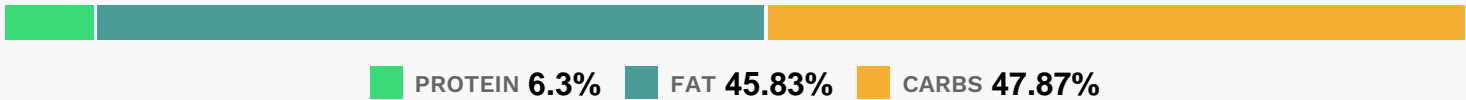
## Directions

- ☐ Steep the mint leaves in cream and milk:
- ☐ Put the mint leaves in a heavy saucepan with the 1 cup of milk and 1 cup of the cream.
- ☐ Heat until just steaming (do not let boil), remove from heat, cover, and let stand for 30 minutes. Reheat the mixture until steaming, remove from heat and let stand for 15 more minutes.
- ☐ Chill remaining cream in an ice bath: While the mint is infusing in step 1, prepare the remaining cream over an ice bath.
- ☐ Pour the remaining 1 cup of cream into a medium size metal bowl, set in ice water (with lots of ice) over a larger bowl. Set a mesh strainer on top of the bowls. Set aside.
- ☐ Strain out the mint leaves, add sugar: Strain the milk cream mixture into a separate bowl, pressing against the mint leaves with a rubber spatula in a sieve to get the most liquid out of them. Return the milk cream mixture to the saucepan.
- ☐ Add sugar and salt to the mixture.
- ☐ Heat until just steaming again, stirring until sugar has dissolved.
- ☐ Remove from heat.
- ☐ Temper the egg yolks with hot milk cream:
- ☐ Whisk the egg yolks in a medium sized bowl. Slowly pour the heated milk cream mixture into the egg yolks, whisking constantly so that the egg yolks are tempered by the warm mixture, but not cooked by it. Scrape the warmed egg yolks back into the saucepan.
- ☐ Heat until mixture begins to thicken: Return the saucepan to the stove, stirring the mixture constantly over medium heat with a wooden spoon, scraping the bottom as you stir, until the

mixture thickens and coats the spoon so that you can run your finger across the coating and have the coating not run. This can take about 10 minutes.

- ☐ The custard base does not coat the back of the spoon, it is not ready.
- ☐ The custard base coats the back of the spoon. You can run your finger across the coating and have it not run. It is ready and should be removed from heat immediately, and poured through the sieve over the ice bath to stop the cooking.
- ☐ Strain custard mixture into cream in ice bath:
- ☐ Pour the custard through the strainer (from step
- ☐ and stir into the cold cream to stop the cooking.
- ☐ Chill completely: Chill the mixture thoroughly in the refrigerator (at least a couple of hours) or stir the mixture in the bowl placed over the ice bath until thoroughly chilled (20 minutes or so).
- ☐ Process in ice cream maker: Process the mixture in your ice cream maker according to the manufacturer's instructions.
- ☐ Add chopped chocolate: Once the ice cream has been made in the ice cream maker it should be pretty soft. Gently fold in the finely chopped chocolate.
- ☐ Chill in freezer: Put in an airtight container and place in the freezer for at least an hour, preferably several hours. If it has been frozen for more than a day, you may need to let it sit at room temperature for a few minutes to soften it before serving.
- ☐ Note that there is no alcohol in this recipe. A few teaspoons of some spirits such as rum or bourbon will help keep the ice cream soft over several days. Even the alcohol in vanilla extract will help. If you have no added alcohol in a homemade ice cream recipe, we recommend that you eat it up quickly, in a day or two; beyond that point the ice cream will quickly get very very hard.

## Nutrition Facts



## Properties

Glycemic Index:54.05, Glycemic Load:48.71, Inflammation Score:-10, Nutrition Score:73.176956549935%

## Nutrients (% of daily need)

Calories: 2916.16kcal (145.81%), Fat: 166.6g (256.3%), Saturated Fat: 88.99g (556.22%), Carbohydrates: 391.43g (130.48%), Net Carbohydrates: 291.29g (105.93%), Sugar: 110.87g (123.19%), Cholesterol: 871.88mg (290.63%), Sodium: 246.71mg (10.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 73.14mg (24.38%), Protein: 51.56g (103.12%), Manganese: 30.15mg (1507.49%), Iron: 159.72mg (887.33%), Vitamin A: 26466.89IU (529.34%), Fiber: 100.14g (400.55%), Calcium: 3389.92mg (338.99%), Vitamin B6: 6.55mg (327.53%), Vitamin C: 166.45mg (201.76%), Folate: 727.15µg (181.79%), Magnesium: 609.54mg (152.39%), Vitamin B2: 2.45mg (144.08%), Copper: 2.61mg (130.57%), Zinc: 17.7mg (118.03%), Phosphorus: 1094mg (109.4%), Selenium: 57.18µg (81.68%), Potassium: 2828.85mg (80.82%), Vitamin D: 8.07µg (53.77%), Vitamin B3: 8.12mg (40.61%), Vitamin B12: 2.25µg (37.43%), Vitamin B5: 2.93mg (29.32%), Vitamin E: 4.15mg (27.64%), Vitamin B1: 0.27mg (18.01%), Vitamin K: 14.48µg (13.79%)