



Orange Marmalade Ice Cream Sandwiches with Almond Florentines

READY IN



45 min.

SERVINGS



12

CALORIES



462 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon almond extract
- ☐ 5 oz fine-quality bittersweet chocolate unsweetened finely chopped (not)
- ☐ 2 tablespoons plus light
- ☐ 5 large egg yolks
- ☐ 2 teaspoons flour all-purpose
- ☐ 2 cups half-and-half
- ☐ 2 tablespoons heavy cream
- ☐ 3 navel oranges

- ☐ 0.5 cup bitter orange marmalade english-style
- ☐ 0.1 teaspoon salt
- ☐ 4.5 oz slivered blanched almonds
- ☐ 0.5 cup sugar
- ☐ 3.5 tablespoons butter unsalted softened
- ☐ 0.3 teaspoon vanilla extract
- ☐ 12 servings vegetable oil for pan

Equipment

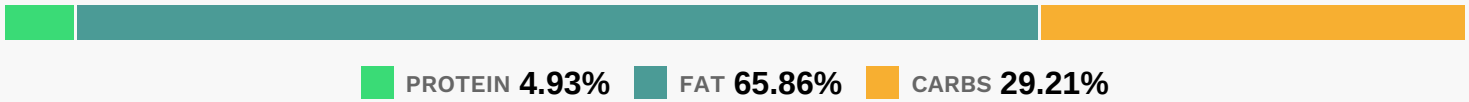
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ double boiler
- ☐ baking pan
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ cookie cutter
- ☐ wax paper
- ☐ ice cream machine
- ☐ offset spatula

Directions

- ☐ Finely grate zest from 2 oranges and cover zest with plastic wrap. Squeeze enough juice from all 3 oranges to measure 1 1/2 cups. Bring juice and 3 tablespoons sugar to a boil in a 1-quart saucepan and simmer until reduced to about 3/4 cup, about 10 minutes.
- ☐ Add marmalade and simmer, stirring, until melted, about 1 minute.
- ☐ Remove from heat and cool.
- ☐ Bring half-and-half, cream, remaining 2 tablespoons sugar, and grated zest to a boil in a 2-quart heavy saucepan, stirring until sugar is dissolved.
- ☐ Whisk yolks in a bowl until blended, then add 1/2 cup hot cream mixture in a slow stream, whisking. Stir custard into cream mixture in saucepan and cook over moderately low heat, stirring constantly with a wooden spoon, until thick enough to coat back of spoon and registers 175 to 180°F on thermometer (do not let boil).
- ☐ Pour custard through a fine-mesh sieve into a (clean) metal bowl and stir in marmalade mixture, vanilla, almond extract, and salt. Cool to room temperature, stirring occasionally, then chill, covered, until cold, at least 2 hours.
- ☐ Freeze custard in ice cream maker. While ice cream is freezing, oil bottom and sides of a 13-by 9-inch baking pan, then line bottom lengthwise with a sheet of plastic wrap, leaving a 2-inch overhang on each short end.
- ☐ Spread ice cream in pan, smoothing top, then wrap pan in plastic wrap and freeze until ice cream is hardened, about 4 hours.
- ☐ Put oven rack in middle position and preheat oven to 350°F. Line 2 baking sheets with parchment.
- ☐ Pulse almonds with sugar in a food processor until finely ground. Cook almond mixture, butter, corn syrup, cream, vanilla, and salt in cleaned 1-quart saucepan over moderate heat, stirring until butter is melted and sugar is dissolved, 2 minutes.
- ☐ Remove from heat and stir in flour, then transfer batter to a bowl and chill until firm, about 1 hour.
- ☐ Roll level teaspoons of batter into balls and arrange about 3 inches apart on baking sheets. Gently flatten balls to about 1 1/4 inches in diameter with a fingertip.
- ☐ Bake cookies in batches until golden brown, 7 to 9 minutes. Slide parchment with cookies from sheet onto a rack to cool completely.
- ☐ Melt chocolate in a double boiler or a metal bowl set over a saucepan of barely simmering water, stirring occasionally, then remove top of double boiler or bowl from heat.

- ☐ Working with 1 cookie at a time, lightly brush undersides of cookies with chocolate and put, chocolate sides up, on rack. Chill cookies in 1 layer until chocolate sets, about 5 minutes.
- ☐ Unwrap pan of ice cream and cut out 12 (2 1/2-inch) ice cream rounds with cookie cutter. Lift out rounds with offset spatula and sandwich each between 2 chilled florentines, chocolate sides in.
- ☐ Florentine cookies (brushed with chocolate but not filled with ice cream) can be made 2 days ahead and chilled, layered between sheets of wax paper, in an airtight container. Ice cream sandwiches can be assembled 3 days ahead and frozen, individually wrapped well in plastic wrap.
- ☐ Let soften in refrigerator 5 to 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:6.54, Inflammation Score:-5, Nutrition Score:11.091304333314%

Flavonoids

Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg, Hesperetin: 7.65mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 462.28kcal (23.11%), Fat: 34.93g (53.74%), Saturated Fat: 11.35g (70.93%), Carbohydrates: 34.85g (11.62%), Net Carbohydrates: 31.98g (11.63%), Sugar: 28.73g (31.93%), Cholesterol: 102.93mg (34.31%), Sodium: 66.74mg (2.9%), Alcohol: 0.04g (100%), Alcohol %: 0.04% (100%), Caffeine: 10.16mg (3.39%), Protein: 5.89g (11.77%), Vitamin E: 4.2mg (28.01%), Vitamin C: 21.7mg (26.31%), Vitamin K: 27.54µg (26.23%), Manganese: 0.37mg (18.59%), Phosphorus: 159.17mg (15.92%), Copper: 0.29mg (14.67%), Magnesium: 58.17mg (14.54%), Vitamin B2: 0.23mg (13.39%), Fiber: 2.87g (11.48%), Calcium: 108.09mg (10.81%), Selenium: 6.97µg (9.96%), Vitamin A: 485.08IU (9.7%), Iron: 1.4mg (7.78%), Folate: 30.69µg (7.67%), Potassium: 265.13mg (7.58%), Zinc: 1.01mg (6.74%), Vitamin B1: 0.08mg (5.24%), Vitamin B5: 0.5mg (5.03%), Vitamin B6: 0.09mg (4.63%), Vitamin B12: 0.25µg (4.12%), Vitamin B3: 0.7mg (3.48%), Vitamin D: 0.48µg (3.22%)