



Toasted Sesame Seed and Honey Gelato

 Vegetarian  Gluten Free

READY IN



635 min.

SERVINGS



2

CALORIES



995 kcal

DESSERT

Ingredients

- ☐ 0.3 cup plus light
- ☐ 2 tablespoons cornstarch
- ☐ 0.8 cup cup heavy whipping cream
- ☐ 0.5 cup honey
- ☐ 2 tablespoons skim milk powder dry
- ☐ 0.1 teaspoon salt fine
- ☐ 0.5 teaspoon sesame oil toasted
- ☐ 2 tablespoons sesame seed

☐ 2.8 cups milk whole

Equipment

☐ bowl

☐ frying pan

☐ sauce pan

☐ whisk

☐ sieve

☐ plastic wrap

☐ spatula

☐ ice cream machine

Directions

☐ Set a fine-mesh strainer over a medium heatproof bowl; set aside.

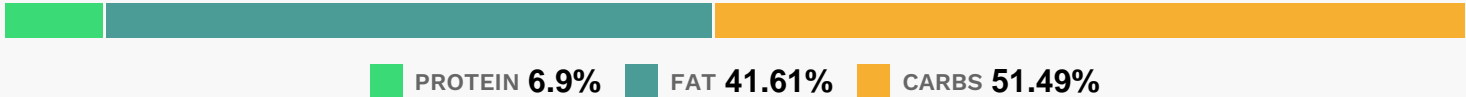
☐ Place 2 1/4 cups of the milk, the cream, honey, corn syrup, sesame oil, and salt in a medium saucepan over medium heat and cook, whisking frequently, until the mixture begins to steam but does not come to a boil, about 15 minutes. Meanwhile, combine the remaining 1/2 cup milk, cornstarch, and dry milk in a small bowl and whisk until smooth and the dry ingredients have dissolved. When the mixture in the saucepan is ready, whisk in the cornstarch mixture. Reduce the heat to medium low and bring to a boil, stirring constantly with a spoon or rubber spatula until thickened, about 8 minutes.

☐ Pour the mixture through the strainer into the bowl and discard the contents of the strainer. Press a sheet of plastic wrap directly onto the surface of the mixture to prevent a skin from forming. Refrigerate until completely chilled, at least 4 hours. Meanwhile, place the sesame seeds in a small frying pan over medium heat and toast, shaking the pan occasionally, until fragrant, about 2 to 3 minutes.

☐ Remove the pan from heat and set aside. Freeze the gelato base in an ice cream maker according to the manufacturer's instructions. While the gelato is still in the bowl of the ice cream maker, fold in the reserved sesame seeds with a rubber spatula.

☐ Serve immediately for a soft gelato, or transfer the mixture to an airtight container and freeze until solid. Allow the gelato to sit at room temperature for 15 minutes before serving if frozen solid.

Nutrition Facts



Properties

Glycemic Index:72.14, Glycemic Load:48.92, Inflammation Score:-8, Nutrition Score:21.416521528493%

Nutrients (% of daily need)

Calories: 995.33kcal (49.77%), Fat: 48.08g (73.96%), Saturated Fat: 27.5g (171.9%), Carbohydrates: 133.85g (44.62%), Net Carbohydrates: 132.66g (48.24%), Sugar: 124.98g (138.87%), Cholesterol: 142.61mg (47.54%), Sodium: 368.47mg (16.02%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.95g (35.9%), Calcium: 654.95mg (65.49%), Phosphorus: 517.97mg (51.8%), Vitamin B2: 0.8mg (47%), Vitamin A: 2019.63IU (40.39%), Vitamin D: 5.94µg (39.62%), Vitamin B12: 2.26µg (37.61%), Potassium: 804.49mg (22.99%), Vitamin B1: 0.33mg (21.69%), Selenium: 15.05µg (21.5%), Magnesium: 85.2mg (21.3%), Zinc: 2.89mg (19.3%), Copper: 0.38mg (18.87%), Vitamin B5: 1.81mg (18.08%), Vitamin B6: 0.35mg (17.33%), Manganese: 0.28mg (14.25%), Iron: 1.67mg (9.29%), Vitamin E: 1.02mg (6.82%), Fiber: 1.19g (4.74%), Vitamin B3: 0.94mg (4.72%), Folate: 16.77µg (4.19%), Vitamin K: 4.01µg (3.82%), Vitamin C: 1.47mg (1.78%)