



Tomato, Basil, and Ricotta Gelati

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

Ingredients

- 1 pinch kosher salt
- 12 basil fresh
- 2 pounds tomatoes cored ripe halved seeded coarsely chopped (such as Early Girl)
- 0.8 cup simple syrup glaze chilled
- 16 ounces whole-milk ricotta cheese fresh
- 1 cup sugar
- 12 small cherry tomatoes sweet (such as 100s)
- 6 servings vegetable oil for frying

- 0.3 cup water
- 0.3 cup milk whole

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- sieve
- blender
- kitchen thermometer
- aluminum foil
- ice cream scoop
- slotted spoon
- ice cream machine
- pastry brush

Directions

- Puree tomatoes in processor until smooth. Strain through fine sieve, pressing on solids to release enough tomato puree to measure 2 cups. Discard any remaining puree and solids in strainer.
- Add 1 cup chilled Simple Syrup and pinch of coarse kosher salt to strained tomato puree; stir to blend.
- Transfer tomato mixture to ice cream maker and process according to manufacturer's instructions.
- Transfer gelato to container; cover and freeze until firm, about 3 hours. DO AHEAD:Can be made 2 days ahead. Keep frozen.
- Bring 1 1/2 cups Simple Syrup to simmer in small saucepan.
- Remove from heat; add 3 cups basil leaves to syrup and stir until wilted.

- Transfer basil mixture to bowl and refrigerate until cold, about 2 hours. Puree basil mixture and 6 tablespoons water in blender until smooth.
- Transfer basil mixture to ice cream maker and process according to manufacturer's instructions.
- Transfer gelato to container; cover and freeze until firm, about 3 hours. DO AHEAD: Can be made 2 days ahead. Keep frozen.
- Combine ricotta cheese and milk in processor; puree until smooth.
- Add 3/4 cup Simple Syrup and process until blended and smooth.
- Transfer ricotta mixture to ice cream maker and process according to manufacturer's instructions.
- Transfer gelato to container; cover and freeze until firm, about 3 hours. DO AHEAD: Can be made 2 days ahead. Keep frozen.
- Stir 1 cup sugar and 1/3 cup water in heavy small saucepan over medium heat until sugar dissolves. Increase heat and boil without stirring until color is medium amber (not deep amber), occasionally brushing down sides of pan with pastry brush dipped in water and swirling pan, about 7 minutes.
- Remove pan from heat. Gently drop tomatoes into hot caramel syrup, tilting pan to coat. Using fork, quickly lift out tomatoes and transfer to sheet of foil. Cool tomatoes completely. DO AHEAD: Candied cherry tomatoes can be made 5 hours ahead.
- Let stand at room temperature.
- Pour enough vegetable oil into heavy small saucepan to reach depth of 1 inch. Attach deep-fry thermometer to side of saucepan.
- Heat oil over medium heat to 350°F.
- Add basil leaves and fry just until translucent, about 2 minutes. Using slotted spoon, transfer basil to paper towels to drain. DO AHEAD: Can be made 5 hours ahead.
- Let stand at room temperature.
- Using 1- to 1 1/2-inch ice cream scoop, spoon out 1 scoop of each gelato into shallow bowls or glasses.
- Garnish with candied cherry tomatoes and fried basil leaves and serve.

Nutrition Facts



■ PROTEIN 8.58% ■ FAT 8.57% ■ CARBS 82.85%

Properties

Glycemic Index:36.02, Glycemic Load:25, Inflammation Score:-8, Nutrition Score:9.3434782520584%

Flavonoids

Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg, Naringenin: 1.03mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg, Quercetin: 1.11mg

Nutrients (% of daily need)

Calories: 366.5kcal (18.33%), Fat: 3.58g (5.5%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 77.8g (25.93%), Net Carbohydrates: 75.73g (27.54%), Sugar: 71.84g (79.82%), Cholesterol: 13.32mg (4.44%), Sodium: 126.46mg (5.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Vitamin C: 28.61mg (34.68%), Vitamin A: 1484.4IU (29.69%), Vitamin K: 21.4µg (20.38%), Calcium: 159.95mg (15.99%), Potassium: 477.27mg (13.64%), Iron: 2.2mg (12.21%), Manganese: 0.22mg (10.95%), Vitamin B1: 0.13mg (8.59%), Vitamin E: 1.25mg (8.32%), Fiber: 2.07g (8.26%), Vitamin B6: 0.16mg (7.76%), Folate: 27.64µg (6.91%), Copper: 0.13mg (6.54%), Magnesium: 25.77mg (6.44%), Phosphorus: 59.89mg (5.99%), Vitamin B3: 1.14mg (5.7%), Vitamin B2: 0.08mg (4.85%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.22mg (2.18%), Selenium: 0.86µg (1.23%)