



## Wasabi Ice Cream (Wasabi Aisu)

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



214 kcal

DESSERT

### Ingredients

- 2 egg yolk
- 1 tablespoon water
- 4 oz caster sugar
- 2 tablespoons wasabi paste fresh grated
- 0.5 teaspoon vanilla extract
- 10 fl. oz. whipping cream chilled very cold
- 100 milliliters whipped cream fresh cold for using ice cream maker only (to be added )
- 0.1 teaspoon salt

## Equipment

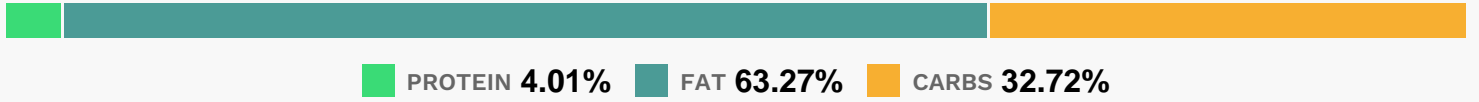
- bowl
- whisk
- mixing bowl
- pot
- double boiler
- cake form
- ice cream machine

## Directions

- Prepare a bain-marie, which can be a stockpot filled with water until one-third full and set over low heat until water is hot but barely simmering.
- Combine egg yolks, water and sugar in a metal mixing bowl, then set on top of bain-marie. Beat mixture constantly with a whisk for 7–9 minutes or until mixture is thick, foamy and hot to the touch. Regularly scrape bowl's sides and bottom so every bit of the mixture is evenly beaten.
- Remove bowl from bain-marie and continue beating for 2 minutes more or until mixture has cooled almost to room temperature.
- Beat in wasabi and vanilla, then cover with plastic wrap and refrigerate for 10 minutes or until slightly cold.
- Combine whipping cream and salt in a clean bowl and whip until thick and floppy but not fully stiff. Fold cream into wasabi mixture, a third at a time, folding just until incorporated after each addition.
- Scrape mixture into a metal cake tin or plastic container, cover and freeze for at least 4 hours. Stir with a whisk after 1 hour, and every 30 minutes after that, to break up large ice crystals.
- If you're using an ice cream maker, skip steps (
- & (6), add whipping cream and milk into the wasabi mixture and stir well to combine and let stand in the fridge for two hours or until the mixture is very cold.
- Pour the chilled mixture into ice cream maker and process according to the manufacturer's instructions. Churn for about 30–40 minutes till soft ice cream is formed.

Spoon the soft ice cream into a container and freeze for 3–4 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:16.39, Glycemic Load:10.87, Inflammation Score:-4, Nutrition Score:2.9913043478261%

## Nutrients (% of daily need)

Calories: 213.98kcal (10.7%), Fat: 15.37g (23.65%), Saturated Fat: 9.4g (58.78%), Carbohydrates: 17.89g (5.96%), Net Carbohydrates: 17.55g (6.38%), Sugar: 16.76g (18.62%), Cholesterol: 93.44mg (31.15%), Sodium: 54.95mg (2.39%), Protein: 2.19g (4.38%), Vitamin A: 638.91IU (12.78%), Vitamin B2: 0.12mg (6.89%), Vitamin D: 0.85µg (5.66%), Selenium: 3.84µg (5.49%), Phosphorus: 49.33mg (4.93%), Calcium: 44.18mg (4.42%), Vitamin E: 0.48mg (3.18%), Vitamin B12: 0.17µg (2.9%), Vitamin B5: 0.28mg (2.77%), Folate: 9.07µg (2.27%), Vitamin C: 1.83mg (2.22%), Potassium: 75.86mg (2.17%), Vitamin B6: 0.04mg (2.12%), Zinc: 0.3mg (2.02%), Magnesium: 6.43mg (1.61%), Vitamin B1: 0.02mg (1.54%), Fiber: 0.34g (1.37%), Iron: 0.21mg (1.18%), Vitamin K: 1.24µg (1.18%)