



White Chocolate Ginger Shortbread Ice Cream

 Vegetarian

READY IN



240 min.

SERVINGS



2

CALORIES



1506 kcal

DESSERT

Ingredients

- ☐ 0.3 cup candied ginger finely chopped
- ☐ 6 egg yolk
- ☐ 0.5 cup flour
- ☐ 0.3 cup ginger with juice finely grated peeled
- ☐ 3 cups half and half
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon sugar raw (turbinado)
- ☐ 2 tablespoons sugar

- ☐ 6 tablespoons butter unsalted
- ☐ 4 ounces chocolate white (recommended: Trader Joe's)

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ For ice cream: Bring half and half to a simmer in a heavy saucepan.
- ☐ Remove from heat, stir in ginger, and let steep covered for 30 minutes. Half and half may separate slightly but it won't affect the final ice cream.
- ☐ In a bowl, whisk egg yolks and sugar together until they thicken and lighten in color. When ginger is done steeping, quickly whisk yolk mixture into saucepan. Cook on medium-low heat, stirring frequently, until custard coats the back of a spoon but a swiped finger leaves a clean line.
- ☐ Strain custard into an airtight container.
- ☐ Add white chocolate chunks, and when melt, add salt to taste. Chill custard overnight and churn the next day according to manufacturer's instructions.
- ☐ For shortbread crumble: Preheat oven to 350°F with a rack in the middle. Melt butter in a small saucepan, then add both sugars and salt until white sugar mostly dissolves. Stir in flour until mixture resembles a thick paste. Do not overmix.
- ☐ Pat dough out on a sheetpan to 1/4 inch thickness and bake for 6 to 8 minutes, until shortbread is just set.
- ☐ Let cool, then crumble into mixed-size chunks. When ice cream is churned, stir in candied ginger and most of the crumble, reserving some for topping.
- ☐ Let ice cream chill in freezer for at least 2 to 3 hours before serving.

Nutrition Facts



 PROTEIN **7.11%**  FAT **64.29%**  CARBS **28.6%**

Properties

Glycemic Index:115.05, Glycemic Load:49.33, Inflammation Score:-9, Nutrition Score:30.343043430992%

Nutrients (% of daily need)

Calories: 1505.86kcal (75.29%), Fat: 108.76g (167.32%), Saturated Fat: 63.32g (395.77%), Carbohydrates: 108.84g (36.28%), Net Carbohydrates: 107.65g (39.14%), Sugar: 80.24g (89.16%), Cholesterol: 812.46mg (270.82%), Sodium: 1180.19mg (51.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.08g (54.16%), Selenium: 55.58µg (79.4%), Vitamin B2: 1.32mg (77.9%), Phosphorus: 703.21mg (70.32%), Vitamin A: 3130.29IU (62.61%), Calcium: 588.97mg (58.9%), Folate: 153.47µg (38.37%), Vitamin B12: 2.13µg (35.53%), Vitamin B1: 0.49mg (32.67%), Vitamin B5: 3.22mg (32.16%), Vitamin E: 3.87mg (25.8%), Vitamin D: 3.55µg (23.64%), Potassium: 795.66mg (22.73%), Zinc: 3.38mg (22.53%), Vitamin B6: 0.44mg (21.82%), Iron: 3.36mg (18.65%), Magnesium: 58.82mg (14.71%), Manganese: 0.29mg (14.28%), Vitamin B3: 2.78mg (13.92%), Vitamin K: 13.3µg (12.67%), Copper: 0.19mg (9.46%), Vitamin C: 4.15mg (5.03%), Fiber: 1.2g (4.79%)