



## White Miso Peach/Pear/Apple



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



1677 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 3 egg yolk
- ☐ 2 cups cup heavy whipping cream
- ☐ 1.8 cups sugar plus more if needed
- ☐ 2 tbsp miso white
- ☐ 1 cup milk whole

### Equipment

- ☐ bowl
- ☐ frying pan

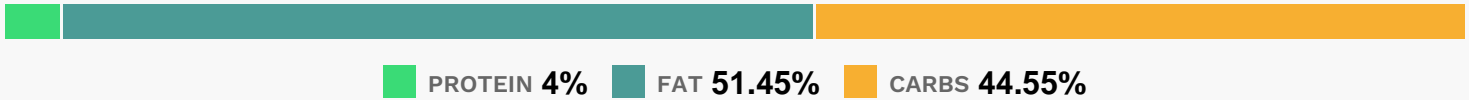
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ spatula
- ☐ ice cream machine

## Directions

- ☐ In a medium, heavy-bottomed saucepan over medium heat, melt 3/4 cup of the sugar, stirring often, until it takes on a nice sandy color and is a smooth liquid, 10 to 15 minutes.
- ☐ Quickly add the fruit and stir to coat with the sugar; this will prevent the sugar from caramelizing any further and/or burning. Cook until the fruit is soft, about 10 minutes or so, depending on which fruit you're using and its ripeness.
- ☐ Transfer the caramelized fruit to a blender.
- ☐ Add the miso and process to a smooth purée. Set aside.
- ☐ Fill a large bowl or pan with ice and water.
- ☐ Place a large, clean bowl in the ice bath and fit the bowl with a fine-mesh strainer.
- ☐ In a large, heavy-bottomed, nonreactive saucepan over medium heat, combine the cream and milk and cook, stirring occasionally, until hot but not boiling.
- ☐ Meanwhile, in a medium bowl, whisk together the egg yolks and the remaining 1 cup sugar until well blended.
- ☐ Remove the cream mixture from the heat. Slowly pour about half of the hot cream mixture into the yolk mixture, whisking constantly.
- ☐ Transfer the yolk mixture back to the saucepan with the remaining cream mixture and return it to medium heat. Cook, stirring constantly with a rubber spatula and being sure to scrape the bottom of the saucepan so it doesn't scorch, until the liquid begins to steam and you can feel the spatula scrape against the bottom of the pan, about 2–3 minutes.
- ☐ Remove the custard from the heat.
- ☐ Add the fruit-miso mixture and stir to mix completely.
- ☐ Pour the custard through the strainer into the clean bowl you set up in the ice bath.
- ☐ Let cool, stirring occasionally. Taste for sweetness; add a little more sugar if needed.

- ☐
- When the custard has totally cooled, cover the bowl tightly and chill in the refrigerator for at least 1 hour or preferably overnight. When you are ready to freeze the custard, transfer it to an ice cream maker and spin according to the manufacturer's instructions. Eat immediately, or transfer to an airtight container, cover, and freeze for up to 1 week.
- ☐
- From Humphry Slocombe Ice Cream Book by Jake Godby, Sean Wahey & Paolo Lucchesi. Text copyright © 2012 by Jake Godby and Sean Wahey; photographs copyright © 2012 by Frankie Frankeny. Published by Chronicle Books, LLC.

## Nutrition Facts



### Properties

Glycemic Index:84.55, Glycemic Load:126.41, Inflammation Score:-9, Nutrition Score:20.629130684811%

### Nutrients (% of daily need)

Calories: 1676.75kcal (83.84%), Fat: 98.56g (151.63%), Saturated Fat: 59.76g (373.51%), Carbohydrates: 192.04g (64.01%), Net Carbohydrates: 191.13g (69.5%), Sugar: 188.67g (209.64%), Cholesterol: 575.18mg (191.73%), Sodium: 759.43mg (33.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.23g (34.46%), Vitamin A: 4100.37IU (82.01%), Vitamin B2: 0.83mg (48.9%), Vitamin D: 6.61µg (44.05%), Phosphorus: 393.59mg (39.36%), Selenium: 26.82µg (38.31%), Calcium: 353.41mg (35.34%), Vitamin B12: 1.58µg (26.33%), Vitamin E: 2.95mg (19.66%), Vitamin B5: 1.93mg (19.27%), Vitamin B6: 0.29mg (14.3%), Zinc: 2.15mg (14.3%), Potassium: 477.73mg (13.65%), Folate: 52.17µg (13.04%), Vitamin K: 13.15µg (12.53%), Vitamin B1: 0.18mg (12.01%), Magnesium: 40.81mg (10.2%), Manganese: 0.18mg (8.76%), Iron: 1.49mg (8.26%), Copper: 0.13mg (6.59%), Fiber: 0.92g (3.67%), Vitamin B3: 0.44mg (2.2%), Vitamin C: 1.43mg (1.73%)