



# Gelato



Basic Gelato Recipe...from my Italian mother-in-law. This recipe may be used as a base for your favorite flavors. Try adding vanilla, shaved chocolate or your favorite fruits. Experiment with desired flavors!

By OSTAFF1

**Total:** 3 hrs

**Cook:** 3 hrs

**Servings:** 4

**Yield:** 4 servings

## Ingredients

2 cups milk  
1 cup heavy cream  
4 egg yolks  
½ cup sugar

## Directions

In a medium saucepan, mix milk and cream. Warm until foam forms around the edges. Remove from heat.

In a large bowl, beat the egg yolks and sugar until frothy. Gradually pour the warm milk into the egg yolks, whisking constantly. Return mixture to saucepan; cook over medium heat, stirring with a wooden spoon until the mixture gels slightly and coats the back of the spoon. If small egg lumps begin to show, remove from heat immediately.

Pour the mixture through a sieve or fine strainer into a bowl. Cover, and chill for several hours or overnight.

Pour the mixture into an ice cream maker, and freeze according to the manufacturer's instructions. Transfer to a sealed container, and freeze until firm. If the gelato is too firm, place it in the refrigerator until it reaches the desired consistency.

## Nutrition Facts

**Per Serving:** 416 calories; protein 7.9g; carbohydrates 33g; fat 28.8g; cholesterol 296.1mg; sodium 80.6mg.

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