

MANGO ICECREAM

INGREDIENTS

1 cup sugar
6 egg yolks
620ml milk
175ml cream
2-3 large mangoes
1 1/2 tablespoon lemon juice
1 tsp vanilla extract

INSTRUCTIONS

Step 1: Peel and cut the mango into pieces. Squeeze as much flesh off as possible. Blend it in the blender or food processor along with the lemon juice. Strain the mango mix into a bowl, so that the stringy bits are eliminated from the puree. You should have about 1 1/4 cups mango puree.

Ice Cream base:

Step 2: Whisk egg yolks and sugar till pale.

Step 3: In a medium/heavy saucepan, bring milk and cream to a simmer. Turn off heat and whisk half of the mixture into the yolks.

Step 4: Return everything to the sauce pan over a very low heat and keep on stirring it till it thickens.

Step 5: Remove from heat and strain it into a large bowl. Let it cool for 5 or 6 minutes and then mix in mango puree.

Step 6: Chill the mix until ice cold, overnight or in an ice bath. Then 10 mins before processing in the ice cream machine, put the mango custard into the freezer and also put the ice cream dasher into the freezer. (this SHOCKS the mix so that not much air is whipped in).

Step 7: Process in your ice cream maker until set, chill in the freezer for a firmer ice cream.

THE COOKERY

by The Secret Jozi Chef