

# BURFI ICE CREAM

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## INGREDIENTS

2 cups heavy whipping cream  
1 cup milk  
150g white sugar  
5 egg yolks  
1-2 tsp ground cardamom powder  
1 tsp rose essence  
1/4 cup flaked almonds, toasted lightly  
Large pinch of saffron (Optional)

## METHOD

### Step 1:

Combine heavy cream, milk, sugar, and cardamom powder in a saucepan; bring to a simmer over low heat. Cook and stir until sugar is dissolved, about 5 minutes. Remove from heat, if adding saffron add now. Cover saucepan and allow the mixture to steep for 10 minutes.

### Step 2:

Uncover pan and bring back to a simmer over low heat. Beat the egg yolks in a bowl. Gradually stir one cup of the hot cream mixture into the eggs, several tablespoons at a time. This will help to bring the eggs up to temperature without scrambling them.

**Step 3:** Stir the egg mixture back into the cream mixture in the saucepan. Cook and stir over low heat until the mixture just coats the back of a spoon, 5 to 10 minutes. Transfer to a large bowl; cover. Refrigerate overnight.

**Step 4:** Stir rose essence into the cold ice cream mixture, taste and adjust the rose based on your preferences. Freeze in an ice cream maker according to manufacturer's directions.

**Step 5:** Transfer ice cream to a lidded freezer container, sprinkle with the lightly toasted almonds and freeze for 4 hours before serving.

# THE COOKERY

by The Secret Jozi Chef

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