

Matcha Green Tea Ice Cream



This recipe uses real matcha powder. I created the recipe based on Ben and Jerry's® sweet cream base.

By Jennifer

Prep: 10 mins

Cook: 10 mins

Additional: 4 hrs 45 mins

Total: 5 hrs 5 mins

Servings: 8

Yield: 8 servings



Ingredients

1 tablespoon matcha green tea powder, or more to taste

1 cup whole milk

2 cups heavy whipping cream

¾ cup white sugar

2 large eggs

Note:

I used 2 tablespoons of matcha green tea powder (Jade Leaf, organic Japanese matcha, culinary grade, 100% pure ground green tea powder).

Note:

In Step 4, the mixture heated to just over 144 degrees Fahrenheit after cooking it for 3 minutes.

Note:

When using The Incredible Ice Cream Machine by Wilton, freeze the matcha mixture for about 1 to 1 1/2 hours before putting it into the ice cream maker.

Note:

For coffee ice cream, omit the matcha, and replace the 1 cup whole milk with 1/2 cup strong coffee and 1/2 cup whole milk. For chocolate ice cream, replace the matcha with 2 Tbsp. cocoa powder.

Directions

Step 1

Whisk matcha powder in a bowl to remove any lumps; add a splash of milk and whisk until matcha powder is completely dissolved. Gradually whisk remaining milk into matcha mixture.

Step 2

Combine cream and matcha mixture in a pot over medium-low heat; cook, stirring occasionally, until heated through, about 5 minutes.

Step 3

Whisk sugar and eggs together in a bowl. Pour 1/2 cup hot matcha mixture into egg mixture; mix thoroughly. Repeat with remaining matcha mixture. Pour mixture back into the pot.

Step 4

Cook and stir matcha mixture over medium-low heat until heated through, about 3 minutes. Remove from heat and cool to room temperature. Refrigerate until chilled, at least 4 hours.

Step 5

Pour cooled matcha mixture into an ice cream maker and freeze according to the manufacturer's instructions.

Nutrition Facts

Per Serving:

315.1 calories; protein 3.9g 8% DV; carbohydrates 22g 7% DV; fat 24.3g 37% DV; cholesterol 131.1mg 44% DV; sodium 52.5mg 2% DV.

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