



Recipe Category / Ice Cream

Pistachio gelato

70'
Hands on

1 hour'
Hands off

800 g
Portion(s)

1
Difficulty



Method

- Put the pistachios along with the sugar into a food processor, and beat at high speed for 2-3 minutes, until the pistachios are dissolved and there is a paste. Add 70 g of the milk and beat until the mixture is homogenized.
- Add all of the ingredients along with the pistachio mixture into a [pot](#) and place it over medium-high heat, stirring with a wooden spoon until the mixture reaches 85° C (185° F).
- Remove the pot from the heat.
- Pass the mixture through a sieve, transfer into a [bowl](#), and beat with an immersion blender at high speed for 2-3 minutes, until homogenized.
- Refrigerate the mixture for 1 hour, covered with plastic wrap.
- Remove the mixture from the refrigerator, transfer it to an ice cream maker, and beat at low speed for 1 hour or until the mixture has thickened.
- Serve with finely chopped pistachios and basil leaves.
- Place into a bowl and store in the freezer.

Ingredients

- 100 g pistachios, + extra, to serve
- 120 g granulated sugar
- 500 g milk
- 115 g heavy cream 35%
- 100 g glucose
- 50 g milk, ground
- 1 teaspoon(s) [vanilla extract](#)
- 1/2 teaspoon(s) salt
- basil leaves, to serve

Διατροφικός πίνακας

Nutrition information per 100 gr.

282 Calories (kcal)	12.0 Total Fat (g)	4.1 Saturated Fat (g)	38.0 Total Carbs (g)
14%	17%	21%	15%
37.0 Sugars (g)	5.3 Protein (g)	1.0 Fibre (g)	0.08 Sodium (g)
41%	11%	4%	1%