



Olive oil ice cream

30'

Hands on

8-10

Portion(s)

1

Difficulty



Ingredients

- 700 g milk, whole
- 300 g heavy cream
- 1 vanilla bean, sliced in half and seeds removed
- 9 egg yolks, medium eggs
- 200 g granulated sugar
- pinch of salt
- 180 g olive oil

Διατροφικός πίνακας

Nutrition information per portion

444 Calories (kcal)	36.0 Total Fat (g)	12.0 Saturated Fat (g)	24.0 Total Carbs (g)
22%	51%	60%	9%
24.0 Sugars (g)	5.6 Protein (g)	0.0 Fibre (g)	0.15 Sodium (g)
27%	11%	0%	3%

Method

- Combine the milk, heavy cream and vanilla seeds in a **pot**. Then add 1/3 of the sugar.
- Heat the mixture without stirring, until it almost starts to boil. Stir and remove from heat.
- In the meantime, whisk the remaining sugar, eggs and salt together in a **bowl**.
- When the mixture turns light in color and rises, add the olive oil. Beat for 1 minute, until the olive oil is completely incorporated.
- Use a ladle to transfer 1 **ladleful** of the hot milk mixture to the egg mixture, while continuously whisking.
- Add another 2-3 ladleful's more. This is done to raise the temperature of the eggs so that they are slowly heated and not cooked like an omelet.
- Pour this mixture into the pot with the milk mixture and place over medium to low heat.
- Simmer for 5-6 minutes while continuously whisking, until the mixture thickens enough to coat the back side of a spoon.
- When ready, remove from heat and pass the mixture through a sieve and into a wide bowl. The bowl you use should have a lid so you can cover it.
- Allow mixture to cool, cover with lid and place in freezer.
- Place mixture in an ice cream maker so that it can have a nice, soft texture and serve immediately.
- You can serve with any of your favorite toppings. It goes very nicely with fruits of the forest sauce or sour cherry syrup.