



Ice cream with shredded phyllo

28'
Hands on

5 hours'
Hands off

60'
Cook Time

8-10
Portion(s)

1
Difficulty



Method

For the syrup

- In a **pot** add the sugar, the water, the cinnamon, and boil for 1-2 minutes until the sugar melts.
- Remove and set aside to cool well.

For the shredded phyllo

- Preheat the oven to 160° C (320 ° F) set to fan.
- Untangle the shredded phyllo very well, put it into a buttered **30x40 cm baking pan** and drizzle with the butter.
- Bake for 60 minutes.
- Remove and while it is still hot, pour over the cold syrup. Set aside for 1 hour until the whole syrup is absorbed.
- As soon as it is cooled down, cut the shredded phyllo into 3 strips.

For the ice cream

- In a mortar and pestle add the mastic, the mahlab, and crush them well until powdered.
- In a mixer's bowl add the mastic and the mahlab, heavy cream, sweetened condensed milk, cream cheese, salt, and beat with the whisk attachment at medium speed for 3-4 minutes, until the mixture thickens and looks like whipped cream. Transfer into a pastry bag and set aside.
- Line a **10x35 cm loaf tin** with plastic wrap.
- Spread 1/3 of the ice cream's mixture and then, spread one of the shredded phyllo strips to make a layer.
- Cover with another 1/3 of the ice cream and then, make a layer with one more shredded phyllo strip.
- Spread the remaining ice cream, cover with the plastic wrap, and press lightly with your hands to spread the mixture over the whole surface of the loaf tin.
- Freeze for 4-5 hours to chill the ice cream well.
- Take the ice cream out of the loaf tin, cut into pieces, and **serve** with the remaining shredded phyllo and pistachios.

Ingredients

For the syrup

- 200 g granulated sugar
- 150 g water
- 1 stick(s) cinnamon

For the shredded phyllo

- 250 g shredded phyllo dough
- 100 g butter, melted

For the ice cream

- 1/2 teaspoon(s) mastic
- 1/2 teaspoon(s) mahlab
- 1 teaspoon(s) granulated sugar
- 500 g heavy cream 35%, ice-cold
- 400 g sweetened condensed milk
- 200 g cream cheese, ice-cold
- 1 pinch salt

To serve

- pistachios

Διατροφικός πίνακας

Nutrition information per portion

518 Calories (kcal)	27.0 Total Fat (g)	18.0 Saturated Fat (g)	62.0 Total Carbs (g)
26%	39%	90%	24%
43.0 Sugars (g)	5.8 Protein (g)	0.6 Fibre (g)	0.32 Sodium (g)
48%	12%	2%	52%