



# Dulce de leche Ice Cream

30'  
Hands on

6 hours'  
Hands off

1800 g  
Portion(s)

3  
Difficulty



## Ingredients

- 1 condensed milk
- 400 g [whipped cream](#), vegetable
- 2 [dulce de leche](#)
- 80 g granulated sugar
- 140 g nuts, of your choice

## Διατροφικός πίνακας

Nutrition information per 100 gr.

340 Calories (kcal)	16.0 Total Fat (g)	9.6 Saturated Fat (g)	42.0 Total Carbs (g)
17%	23%	48%	16%
39.0 Sugars (g)	7.3 Protein (g)	0.5 Fibre (g)	0.23 Sodium (g)
43%	15%	2%	4%

## Method

In this recipe you can add if you like, a [hazelnut-chocolate praline sauce](#) instead of the dulce de leche!

- Beat the whipped cream with the condensed milk in a mixer. They should both be chilled.
- When the mixture has increased in volume, add one of the caramelized condensed milk cans (dulce de leche) and beat until completely combined.
- Scrape down the sides of the mixer's bowl because the dulce de leche is very sticky and sticks to the sides of the bowl. You want to make sure all of it gets completely incorporated into the mixture. Beat for a few minutes longer.
- Transfer mixture to a bowl and put in freezer.
- Prepare the caramelized mixed nuts. Preheat oven to 180\* C (350\* F) Fan. Spread nuts on a baking sheet and bake for 15 minutes. When toasted, break them down into smaller pieces in a blender or food processor.
- Place a pan with a thick bottom over high heat. When it gets hot, add 1/3 of the sugar and lower the heat to medium. Wait for 2-3 minutes for the sugar to turn to caramel. You can stir mixture a little with a spatula, if needed.
- Add another 1/3 of the sugar to the pan. Combine it with the caramel and wait for it to caramelize also. When the mixture has taken on a light brown color, add the last 1/3 of sugar and wait for it to melt and caramelize. The reason we don't add all of the sugar together is to avoid burning it and having to start the whole process over again. The only way to have more control over the process of making caramel is to add the sugar in batches.
- When your caramel is ready and has taken on a beautiful light golden caramel color, remove from heat and quickly add the toasted nuts. Stir to coat.
- Transfer mixture to a baking sheet lined with parchment paper. Use 2 forks to separate any nuts stuck together and set aside to cool. When cool break into smaller pieces with your hands.
- When the ice cream has frozen a little, mix with a spoon. If it is quite frozen you can add the caramelized nuts and the second can of dulce de leche in the following way:
- Open the second can of dulce de leche. Use 2 spoons to pick up spoonfuls of the caramel and drop them into the frozen ice cream. Add the nuts last and mix to distribute.
- You can also add a [hazelnut-chocolate praline sauce](#) instead of the dulce de leche!
- Put bowl back into the freezer for another 6-8 hours until it has frozen sufficiently.
- Before serving, allow it to sit at room temperature for 10-15 minutes to soften a little.