



Recipe Category / Ice Cream

Tahini ice cream

15'

Hands on

6-8 hours'

Hands off

1 kilo

Portion(s)

1

Difficulty



Ingredients

- 200 g milk, full-fat
- 400 g tahini
- 500 g heavy cream, 35% fat
- 100 g honey
- zest of 1 lemon

To serve

- ice cream cones
- [pasteli](#) (Greek honey sesame bars), finely chopped

Διατροφικός πίνακας

Nutrition information per 100 gr.

467 Calories (kcal)	42.0 Total Fat (g)	15.0 Saturated Fat (g)	11.0 Total Carbs (g)
23%	60%	75%	4%
11.0 Sugars (g)	10.0 Protein (g)	3.2 Fibre (g)	0.05 Sodium (g)
12%	20%	13%	1%

Method

- Add all of the ingredients into a [bowl](#) and whisk very well, for 2-3 minutes.
- Pour the mixture into an ice cream maker and beat it in batches, until it has the smooth and soft texture of ice cream. The time needed depends on your ice cream maker.
- Transfer the mixture to a [35x10 cm loaf tin](#), cover with plastic wrap, and freeze it for at least 6-8 hours, until it is well thickened.
- If you do not have an ice cream maker, take the mixture out of the freezer every 2 hours, beat it with a hand mixer, and place it again in the freezer (if you want, you can stir the ice cream with a spoon instead of a mixer, but it will not be as fluffy). You will have to do that until the ice cream freezes well and has the desired consistency (the time needed depends on your freezer's intensity).
- Serve in ice cream cones and sprinkle with finely chopped [pasteli](#).