



Recipe Category / Ice Cream

Brown butter popsicles

10'

Hands on

4 hours'

Hands off

6'

Cook Time

10

Portion(s)

1

Difficulty



Method

- Begin by melting the butter in a large [pan](#) over medium heat until it starts to boil.
- Simmer for 5-6 minutes. The butter will start to froth and turn into a lovely light brown color.
- Remove from heat. Remove butter from pan and reserve for another use. You can use it to sauté meats, vegetables, etc.
- The brown bits at the bottom of the pan is actually what we want. This is what will give flavor to our ice cream.
- Add the rest of the ingredients to the pan and heat until the sugar melts.
- Transfer mixture to [popsicle molds](#). Insert popsicle sticks. Put in freezer for 3-4 hours.

Ingredients

- 500 g milk 3.5% fat
- 4 tablespoons yogurt
- 380 g butter
- 250 g heavy cream 35% fat
- 80 g granulated sugar
- 2 tablespoons brown sugar

Διατροφικός πίνακας

Nutrition information per portion

160 Calories (kcal)	9.3 Total Fat (g)	5.9 Saturated Fat (g)	16.0 Total Carbs (g)
8%	13%	30%	6%
16.0 Sugars (g)	3.4 Protein (g)	0.0 Fibre (g)	0.11 Sodium (g)
18%	7%	0%	2%