



Homemade Pistachio Ice Cream

10'
Hands on

24 hours'
Hands off

10'
Cook Time

1 kilo
Portion(s)

2
Difficulty



Ingredients

- 1 liter milk, 3,5%
- 10 egg yolks
- 250 g granulated sugar
- 2 pinches salt
- 90 g heavy cream 35%
- 100 g peanuts, paste

To serve

- 50 g pistachios
- 100 g chocolate couverture, melted

Διατροφικός πίνακας

Nutrition information per 100 gr.

290 Calories (kcal)	14.0 Total Fat (g)	5.0 Saturated Fat (g)	31.0 Total Carbs (g)
15%	20%	25%	12%
30.0 Sugars (g)	9.2 Protein (g)	0.7 Fibre (g)	0.21 Sodium (g)
33%	18%	3%	4%

Method

This is the base recipe for ice cream. You can then add any flavoring you like to make classic flavors like [vanilla ice cream](#), [chocolate ice cream](#), [strawberry ice cream](#), [pistachio ice cream](#) or special flavors like [cookie ice cream](#), [mango ice cream](#), [coffee ice cream](#) and [amaretto ice cream](#)!

- In a **pot**, add the milk and half of the sugar.
- Place over low heat and bring to a boil.
- In a **bowl**, add the egg yolks, the remaining sugar and salt. Whisk until the sugar dissolves completely.
- Remove from heat and gradually add the milk mixture to the eggs while whisking continuously so that the mixture doesn't split. You can transfer the milk to the bowl with a **ladle** if you like.
- When all of the milk has been added, transfer pot back over low heat and cook until the temperature reaches 85* C (185* F). Check with a cooking thermometer.
- Stir with a spatula for 3-5 minutes, until it reaches the desired temperature and it starts to thicken.
- To check if the mixture is ready, you can add some to a **plate** and run your finger through it. If it is thick enough to leave a streak in the mixture it is ready.
- Remove from heat and add the heavy cream so that the mixture can cool quicker.
- Add the pistachio paste and stir until incorporated.
- Transfer to a **25x30 cm baking pan**, cover with plastic wrap making sure it touches the surface of the mixture directly so that a film is not formed.
- Refrigerate for at least 6 hours. Ideally it should be refrigerated for 24 hours.
- Then add it to an ice cream maker in batches. The amount added should not exceed the 2/3 mark of the machine since it will gain volume.
- Serve immediately or place in the freezer so that it can freeze more.
- Serve with pistachio nuts and melted chocolate couverture in a cup or a cone.