



# Homemade Mango Ice Cream

10'  
Hands on

24 hours'  
Hands off

10'  
Cook Time

Family  
Portion(s)

2  
Difficulty



## Ingredients

- 1 liter milk, 3,5%
- 10 egg yolks
- 250 g granulated sugar
- 2 vanilla pods
- 2 pinches salt
- 90 g heavy cream 35%
- 500 g mango(s)
- lemon juice, of 1 lemon

To serve

- 1 teaspoon(s) honey
- 20 g walnuts

## Διατροφικός πίνακας

Nutrition information per 100 gr.

278 Calories (kcal)	11.0 Total Fat (g)	5.0 Saturated Fat (g)	37.0 Total Carbs (g)
14%	16%	25%	14%
36.0 Sugars (g)	6.9 Protein (g)	1.5 Fibre (g)	0.14 Sodium (g)
40%	14%	6%	2%

## 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.
- 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 cream for at least 6 hours. Ideally it should be refrigerated for 24 hours.
- When ready, [peel the mango](#), remove the pit and cut into 1 cm cubes.
- Beat the mango along with any juices in a blender until pureed.
- Add the lemon juice and add the mixture to the cream.
- 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 your choice of nuts and honey in a cup or a cone.