

Green Tea Ice Cream

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Green tea ice cream has become rather popular over the past few years. The delicate flavor of the green tea leaves result in a refreshingly creamy base. It is best to use nicer brands of green tea.

Ingredients:

1 1/2 cups milk
6 green tea bags
1 1/2 cups heavy cream
5 egg yolks
3/4 cup sugar
3 Tbs. honey

Directions:

1. In a saucepan over medium heat, cook milk until hot. Remove from heat. Add the teabags and let cool to room temperature, then place in the refrigerator overnight.
2. Remove the tea bags and place the infused milk in a saucepan. Add one cup of cream.
3. Cook over medium heat until hot, about 5 minutes.
4. In a bowl combine egg yolks, sugar, and remaining half cup of cream.
5. Gradually whisk in the milk mixture in thirds and then return to saucepan.
6. Add the honey.
7. Cook over medium heat until thickened, about 5 minutes.
8. Strain into a bowl and place in the refrigerator until cold, a few hours at least.
9. Process in an ice cream machine according to the manufacturer's instructions.
10. For a firm texture transfer to containers and freeze overnight.

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