



BROCCOLINI® baby broccoli Basil Ice Cream with Pine Nut Brittle

Servings

8

Calories

600

Prep Time

1 hour

Total Time

6 hrs and 30 minutes

Skill Level

Difficult

Ingredients

2 cups whole milk

1 cup heavy cream

$\frac{2}{3}$ cup sugar

6 large egg yolks

$\frac{1}{2}$ teaspoon salt

2 bunches BROCCOLINI® baby broccoli (including stems) (about 15-18 stalks)

3 pieces leaves basil

For Pine Nut Brittle Topping

1 cups granulated sugar

1 $\frac{1}{2}$ cups crushed pine nuts

4 tablespoons unsalted butter

3 teaspoons finely ground sea salt



The Method

Bring a pot of water to a full boil and blanch 2 bunches of Mann's BROCCOLINI® baby broccoli (about 15-18 stalks) for 30 seconds, so stalks are crisp-tender. Immediately submerge in ice water to stop the cooking process. Remove, and dry on a paper towel.

Blend BROCCOLINI® baby broccoli, basil, and 1 cup milk in food processor or blender. Set aside.

Place remaining milk, heavy cream, salt and sugar in sauce pot. On medium heat, bring to slightly below simmer.



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The Method

Meanwhile, place egg yolks in bowl and whisk until pale yellow. Temper the egg yolks with the hot milk mixture. To temper, gradually add hot milk to egg yolk while continuously whisking (starting with approximately 2 ounces), continue adding until half the milk mixture is whisked into the egg yolks.

Once tempered, add the yolk/milk mixture back to sauce pan. On low heat, stir mixture until it begins to thicken. The mixture should become thicker and coat the spatula (approximately 4-6 minutes). Be careful not to overcook the mixture, as the eggs may curdle.

Create an ice bath in a large bowl. Through a fine-mesh sieve, pour the hot yolk/milk mixture into a small metal bowl and place into the ice bath stirring occasionally until cool, about 10-15 minutes. Remove bowl from ice bath.

When the ice cream base is completely cooled, add the pureed BROCCOLINI® baby broccoli, and stir to incorporate.

Strain the ice cream base and cool again completely.

Following the directions on your ice cream machine, spin ice cream. Allow 4 hours in the freezer after ice cream has been spun.

For Peanut Brittle Topping

Heat sugar in a 4-quart saucepan over medium-high heat, and cook, stirring with a wooden spoon, until it becomes a liquid, golden caramel.

Add pine nuts and then butter, and stir until butter is fully absorbed by caramel.

Stir in half each salt, and then pour onto a parchment paper-lined baking sheet, spreading to create an even layer; sprinkle with salt while warm.

Let cool completely and then break into bite-size pieces.

Store in an airtight container between sheets of wax paper.

When plating, garnish ice cream with peanut brittle topping.

Nutrition Facts

Serving Size 237g | Servings: 8

Amount Per Serving

Calories 600 | Total Fat 46g (sat fat 17g trans 0.5g) | Cholesterol 550mg | Sodium 1090mg | Total Carbohydrate 36g | Dietary Fiber 3g | Sugars 31g (Includes 25g Added Sugars) | Protein 14g | Vitamin D 15% | Calcium 15% | Iron 20% | Potassium 6%