

PISTACHIO ICE CREAM

'12 Cup plus 2 tablespoons shelled pistachio nuts
2 tablespoons light com syrup
1 cup half-and-half
'12 cup sugar
'12 teaspoon vanilla extract *(use bean or paste if possible) 14 teaspoon almond extrace (or grind some almonds)
14 teaspoon salt
1 cup heavy cream

Process the nuts in a blender or food processor until finely ground. Bring the half-and-half to simmer in a small heavy saucepan. Add the sugar and stir until it is completely dissolved. Remove from the heat. With the blender running, slowly pour the hot H&H into the nut puree. Proce s until the mixture is completely smooth. Pour the mixture through a strainer (I don't like to strain it, but do remove the vanilla bean) into a large clean bowl. Allow to cool slightly. Stir in the vanilla and almond extracts, salt and cream (if you use a vanilla bean, be sure to simmer it with the half-and-half and remove before processing). Process the mixture in your machine, adding the remaining 2 tablespoons of nuts when the ice cream is semi-frozen.

STAR ANISE ICE CREAM

3 cups heavy cream 1 cups milk
3/4 cups sugar
1 vanilla bean, split 2 teaspoons Star Anise 4 egg yolks
In a heavy saucepan, bring the milk, heavy cream, star anise, and vanilla bean to a simmer for a few minutes. Turn off, and allow it to steep for 10 minutes.
Whisk the egg yolks and sugar, together, long enough to dissolve the sugar. Temper hot liquid into egg mixture. Return all back into saucepan. Over low heat stirring all the while until mixture starts to thicken, strain. Chill immediately over ice bath.
Chum in a standard ice cream machine.

Vanilla Ice Cream

What You'll Need:

1 cup whole milk
7 large egg yolks
3/4 cup sugar
dash salt

1 vanilla bean
2 cups half and half
1 1/2 cups heavy cream
an ice cream maker

Step by Step:

*Whisk egg yolks with sugar and salt in large bowl; set aside.

*Split vanilla bean lengthwise and scrape out seeds.

*Combine bean, seeds, half and half, and heavy cream in a large sauce pan.

*Bring just to a simmer.

*Gradually whisk the hot cream into the egg yolk mixture.

*Return the mixture to the sauce pan and cook over medium heat, stirring constantly, until mixture thickens and coats the back of a spoon (do not let it boil).

*Strain through a sieve into large bowl.

Refrigerate until thoroughly chilled.

*Freeze in ice cream maker according to manufacturer's directions.

Yield: Makes about 1 quart

Avocado Ice Cream

(makes 2 quarts)

Provided by: Isabel Barkman

Avocado Mix

2 Cups Milk

1 Cup Sugar

dash Salt

2 Cups Whipping Cream

1 Tsp. Vanilla Extract

2 Cups Mashed Avocado

2 Tbs. Lemon Juice

Scald 1 Cup of milk until bubbles form around the edge. Remove from heat and add sugar & salt, and stir until dissolved. Then add whipping cream and vanilla. Combine remaining cup of milk and avocado in a blender until smooth, then add this to the cream mixture, cover and refrigerate for 30 min. and then add the lemon juice.

Follow your ice cream maker directions and add mix as for any other fruit.

Avocado Ice Cream I

Source: IChef

1/2 cup Orange juice

1/2 cup Lemon juice

14 1/2 oz. Can evaporated milk, well chilled

1 cup Mashed ripe avocados

1 1/2 cup Sugar

Mix juices. Beat milk in chilled bowl until almost doubled in volume. Add all ingredients; blend well. Freeze.

Avocado Ice Cream II

4 large ripe avocados
2 qts. vanilla ice cream, slightly softened

Peel and seed avocados. Cut avocados into small pieces to fit in blender. Place ice cream and avocados in blender and puree until well-blended. Pour into plastic container and place back into freezer for 9 to 10 hours.
Serves 2 to 3

Avocado Ice Cream III

1 pt. half and half
1/2 cup sugar
3 egg yolks
1/4 cup dark rum
2 ripe Haas avocados, peeled, pitted and pureed
Juice and zest of one lime.

Heat half and half and sugar to a simmer.

In a bowl, whisk 3 yolks. Mix 1/3 of hot liquid with yolks, whisking. Whisk yolk mixture back into hot liquid off flame. Let cool.

When cool, add flavoring rum, avocados and lime juice and zest. Freeze in an ice cream freezer according to manufacturer's instructions.

Avocado Ice Cream IV

1 large avocado
2 tablespoons orange or lime juice
2 eggs, separated
1/4 cup sugar
1 cup heavy cream

Peel and roughly chop the avocados. In a blender, combine the avocado, orange juice, and egg yolks, and blend to a fine puree.

In a medium size bowl, beat the egg whites until stiff and whisk in the sugar, 1 teaspoon at a time.

In a separate bowl whip the heavy cream until it forms peaks. Gently fold in the egg white mixture and the avocado puree into the whipped cream. Pour the mixture into a freezer tray, cover, and freeze for several hours. To serve, scoop out into a dish and garnish with whipped cream or fruit.

Avocado Ice Cream V

3 egg yolks
3/4 cup of milk
3/4 cup of sugar
A dash of salt
1 cup of heavy cream
2 ripe medium avocados, peeled
A few drops of green food coloring

Beat the first 4 ingredients together in top part of small double boiler. Put over simmering water and cook, stirring, until thickened and mixture coats a metal spoon. Cool. Whip cream until thick. Add avocado to cream, one slice at a time, beating until blended. Add coloring. Fold into first mixture. Pour into freezing tray and freeze until firm. Serve plain or with a sauce made from 1 box of thawed frozen raspberries, whirled in blender. Makes 4 servings