



JERNEJ KITCHEN

NO-CHURN VANILLA AND APRICOT ICE CREAM

Light, fresh, fruity and easy to make.

SERVES 6 PEOPLE
PREPARATION: 40 MINUTES

ICE CREAM BASE

1 vanilla bean
350 g double cream
2 egg yolks, free range if possible
1 egg, free range if possible
65 g sugar
150 g whipping cream

VANILLA AND APRICOT ICE CREAM

300 g apricots, kernels removed
160 g sugar
1 vanilla bean

TOOLS AND EQUIPEMENT

kitchen knife
saucepan
plastic wrap
bowl
hand mixer
blender
spatula

Sponsored

ICE CREAM BASE

Prepare the ice cream base. Split the vanilla bean open lengthways and scrape out the seeds. Put both bean and seeds into a saucepan with the double cream and bring slowly to a boil, to infuse the vanilla. Remove from the heat and cover with a cling film. Set aside for 20 minutes. Meanwhile place the egg, egg yolks and caster sugar in a bowl and mix for a few seconds. Bring the cream with vanilla seeds to a boil once again. Pour 1/3 of the cream over the egg mixture, whisking constantly to prevent curdling, then return the mixture to the saucepan. Cook over a medium heat, whisking constantly for about 3-5 minutes, until the sauce has thickened slightly. Immediately pour the sauce into the bowl in the cold water bath to stop the cooking.

ICE CREAM

In a bowl, using a whisk or electric mixer, beat the whipping cream until you get fluffy stiff peaks on the beater or the whisk. Add 1/3 of the whipping cream to the ice cream base, combine well, using a spatula. Fold gently the rest of the whipping cream, so that you get a light mixture. Cover and store in a freezer for 4 to 8 hours or until it freezes completely.

VANILLA AND APRICOTS

Remove kernels and cut the apricots on small pieces. Set a saucepan filled with water over medium-high heat. Place a bowl over the saucepan, be careful not to touch the water. Add the apricots and 80g (2.8 oz.) of caster sugar to the bowl. Split the vanilla bean down its length using the paring knife. Add the scraped seeds and the empty vanilla bean to the bowl as well. Cover with plastic wrap and cook for about 20 - 30 minutes or until the sugar dissolves and apricots release the juice.

VANILLA AND APRICOTS

Remove the vanilla bean and transfer the apricots, apricot

juice into a clean saucepan. Add 80g (2.8 oz.) of caster sugar and cook for about 5 minutes. Remove from the heat and let it cool completely.

SERVE

Remove the ice cream from the container, cut into smaller pieces and blend in a good quality blender on the highest speed for 3 - 4 minutes. Stir in the cool vanilla and apricot mix and serve immediately or store in a freezer for another hour for even more silky and creamy texture. Store in a freezer for up to 2 weeks.