

Mango Ice Cream



Ingredients:

- 1 cup (250 ml) whole milk
- A pinch of salt
- 130 grams sugar
- 400 grams of sweet mango meats (*cut into 1 cm² cubes*)
- 1 pint (473 ml) heavy cream
- 5 large egg yolks
- 1 teaspoon pure vanilla extract

Direction:

1. Heat the milk, salt, cream and sugar in a medium saucepan until the sugar is completely dissolved then turn off the heat.
2. In a separate bowl, stir together the egg yolks. Rewarm the milk mixture then gradually pour some of it into the yolks, whisking constantly as you pour. Scrape the warmed yolks and milk back into the saucepan.
3. Cook over low heat, stirring constantly and scraping the bottom with a wooden spatula, until it reach 80 degree Celsius.
4. Set a strainer on the top of a container. Strain the custard into the container. Stir in the vanilla extract then let it cool until it reaches room temperature.
5. Refrigerate overnight, pour the custard and the mango cubes inside your ice cream maker and churn for 25 minutes.