



Beach Organics

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Palm Sugar and Vanilla Bean Ice Cream

Ingredients:

- 600ml cream
- 400ml milk
- 40g glucose
- 160g Beach Organics Ground Traditional Coconut Palm Sugar
- 60g caster sugar
- 12 egg yolks
- 1 Beach Organics Vanilla Pod

Quantity

Makes 1 litre.

Method:

1. Combine cream, milk, glucose and scraped out vanilla pod in a pot and bring to the boil.
2. Add caster sugar to the yolks and whisk together until light and a little pale.
3. In a separate bowl spoon a little of the cream mixture over the palm sugar to dissolve.
4. When the cream mixture starts boiling and raising up the sides of the pot, take off the heat and pour slowly over the egg yolks, whisking constantly until combine.
5. Add in the dissolved palm sugar and place bowl over boiling water and cook for 1-2 minutes stirring constantly until it coats the back of the spoon.
6. Strain if required and cool in fridge until you churn or freeze.