

Vanilla Rose Ice-Cream



Preparing
12 Minutes



Cooking
40 Minutes



Serving
3

Ingredients

250 ml full cream milk
250 ml fresh cream
5 ml rose water
5 ml vanilla essence
142 g castor sugar
1.5 g guar gum

1.5 ml salt
4 large egg yolks
25 ml macadamia oil
100 g macadamia nuts
100 g white sugar
50 ml water



Method

1. In a saucepan, gently heat the milk, cream, rose water and vanilla extract.
2. In a bowl, whisk together the castor sugar, guar gum and salt then add the egg yolks and whisk until pale in colour.
3. Add in the macadamia oil in parts, making sure to whisk thoroughly between each addition.
4. Remove the milk mixture from the heat and add half a cup to the egg mixture while continuously stirring then pour the egg mixture back into the saucepan with the rest of the milk.
5. Gently cook over a low heat whilst stirring continuously until slightly thickened.
6. Remove from the heat and cool over an ice-bath or overnight for the best results
7. In a pan, add the macadamia nuts, white sugar and water and stir the sugar starts to crystalize and is golden brown in colour. Use to garnish the ice-cream.
8. Churn the custard base in an ice-cream machine and freeze for 3 hours, after which it will be ready to serve.