

Matcha Ice Cream

Makes 1.5 Litres

INGREDIENTS

Matcha Ice Cream:

500ml whole milk
1 tbsp matcha powder
5 yolks
1 ½ cups sugar

400ml heavy cream, chilled

METHOD

Matcha Ice Cream:

Over medium heat, bring milk to a simmer. Ladle 1 cup of hot milk into a small bowl and whisk in the matcha vigorously until there are no lumps. Combine matcha mixture with remaining hot milk.

Combine egg yolks and sugar in a bowl and whisk until very thick and pale yellow. Using a measuring cup or ladle, slowly pour about 1/2 cup of the hot-milk mixture into the egg-sugar mixture, whisking constantly until blended. This is called tempering. Keep adding milk mixture, about 1/2 cup at a time, until it has all been added.

Strain mixture back into saucepan, and cook over low heat, stirring constantly with a whisk, until mixture is thick enough to coat the back of a spoon, or reaches 180 degrees. Fill a large bowl with ice and water. Remove pan from heat, and immediately stir in chilled cream to stop the custard from cooking. Pour through a mesh sieve into a medium bowl set in the ice bath and stir occasionally until cooled.

Cover bowl, and transfer to refrigerator until chilled, at least 30 minutes or overnight. Pour custard into an ice-cream maker, following the manufacturer's instructions. Churn until the ice cream is just set, but not hard.

Transfer soft ice cream to an airtight plastic container; freeze at least 4 hours and up to 1 week.