

Pear-Lime-Ginger Ice Cream

This particular recipe – or at least the flavor combination – comes from my favorite chocolate chip cookie recipe. Of course, cookies demand flour – I use the gluten-free variety with a spoonful of almond flour – and I also add white chocolate and dark chocolate chips. But when I started making my own ice cream, I thought “Aha! This will make a great frozen flavor.” And believe me, it does. Even my friend Michael – who favors vanilla – likes this combination.

Basically we are using the Ricotta Vanilla base, and jazzing it up with flavorings that I happen to have in my spice racks because of the aforementioned cookies. I buy lots of flavorings because I also make a range of chocolate truffles; my favorite online shop is www.olivenation.com, and they have frequent sales, so have a look for yourself.

Ingredients:

240ml (7.5 oz) unsalted Ricotta – I used Happy Farms, but any ‘two-ingredient’ Ricotta works.

Four eggs, beaten

50g (scant 2 oz) unsalted butter

10g (one generous tablespoon) sweetener – allulose, or a mixture of monkfruit and erythritol.

Note: Sample to make sure the sweetness is to your taste. Good pinch of kosher salt

1 tsp each pear, lime, and ginger flavorings

Optional:

Up to 30ml (1 to 1.5 oz) ginger liqueur – helps with texture and flavor

Good pinch of cinnamon or nutmeg

11g (one packet) collagen

Tools: Blender, immersion blender, or NutriBullet with larger cup

Method:

1. Place all ingredients in bowl or cup, and process for one minute.
2. Scrape down the bowl and process again until perfectly smooth.
3. Add optional ingredients; sample to make sure the sweetness and balance are to your taste.
4. If using the Creami, pour the mixture into one of their ‘pints’, cover, and freeze for 24 hours. When frozen, ‘spin’ twice using the Creami machine.
5. Optional: add mini-chocolate chips as a ‘mix-in’.
6. If using a different ice cream maker, use whatever method you’re accustomed to. Either way, chill the mixture for at least six hours.
7. When frozen, process in whatever machine you use. I usually spin it twice in the Creami, then spoon into spare Talenti tubs (of which I have dozens). Pop in the freezer for another two hours and serve with delight!