



Recipes

DelightMeMonthly

Ice Cream

Flavors

- 3 Vanilla Caramel Swirl
- 5 Cardamom Matcha
- Lychee (1)
- Lychee (2)
- Mango Lime
- Keto—
- FroYo—Berry Cheesecake

Cardamom Matcha

DelightMeMonthly

prep time

30 min

cook time

20 min

serves

6

Ingredients you need

FOR THE HOT CREAM

50g of milky matcha green tea powder (3-4 Tbsp.)

1 cup milk

1 cup half-and-half (or 1 additional cup heavy whipping cream)

1 cup heavy whipping cream

2 egg yolks

3 Tbps. granulated sugar

1 Tbsp. Cardamom

[optional]

Green food coloring

[optional]

Instructions

- 1 Combine matcha powder in a pot with $\frac{1}{4}$ cup milk. Stir until combined. Add remaining milk.
- 2 Place over medium-low heat and add 2 cups of cream (half-and-half and/or whipping).
- 3 Stir occasionally until mixture is steaming (about 5 minutes).
- 4 Meanwhile, separate two egg yolks, add sugar, and mix well (whisk or fork). (If your tea is bitter, double the sugar).
- 5 Using a ladle or large spoon, remove $\frac{1}{2}$ cup of the hot cream and add it to the egg yolks, stirring vigorously as you drizzle the cream. Do not stop stirring! Add another $\frac{1}{2}$ cup and stir until fully combined.
- 6 Add egg mixture to the hot cream. Cook on medium-low heat for about 2 minutes.

[Optional] Add 3-8 drops of food coloring until desired green is obtained (less is more).

- 7 Remove from heat and allow to cool on the counter. When it is no longer steaming, place cream in a container and cover. Allow to chill in the fridge for 4 hours or overnight.
Stir occasionally.
- 8 Place matcha cream in the freezer 15 minutes before adding to your ice cream maker.
- 9 Turn ice cream maker to slowest speed and slowly pour in the matcha cream. Allow to churn for 22-25 minutes.
- 10 Scoop into airtight storage container(s). Place in freezer for 1 hour before serving.