

Recipes

DelightMeMonthly

Ice Cream

Flavors

Vanilla Caramel Swirl
Cardamom Matcha

³ Lychee (3a)

⁵ Lychee (3b)

FroYo—Strawberry Lemonade

FroYo—StrawBlueBerry
Cheesecake

Lychee Cream (with ice cream maker)

DelightMeMonthly

prep time	cook time	serves
30 min	20 min	12

Ingredients you need

1 cup milk

$\frac{1}{2}$ sugar

2 cups heavy cream

$\frac{1}{2}$ tsp salt

3 large egg yolks

1 (250g) can pitted lychees
(4oz of fresh lychee flesh),
divided - $\frac{1}{2}$ pureed (only using
half the syrup from the can),
 $\frac{1}{2}$ chopped

1 tsp vanilla extract or
flavoring

Instructions

- 1 Combine the milk, cream, and salt in a sauce pan over medium-low heat. Stir occasionally, scrapping the bottoms if necessary. Cook for about 5 minutes, until steaming.
- 2 While that cooks, beat egg yolks and sugar together. Using a ladle or large spoon, drizzle $\frac{1}{2}$ cup of the hot cream onto the eggs, stirring rigorously the entire time. Slowly pour another $\frac{1}{2}$ cup on, never cease stirring. If your eggs curdle, beat harder (you can always strain your mixture later if the yolks don't break up).
- 3 Add the tempered eggs to the saucepan. Stir frequently and allow to cook another 2 minutes before removing from heat. [Alt] Turn stove off and allow to sit on stove for 2-4 minutes.
- 4 Remove from heat and allow to cool. While cooling, stir in no more than $\frac{1}{2}$ cup of lychee syrup, and 1 tsp vanilla. Stir occasionally.
- 5 Once the temperature has significantly dropped (80-100F), pour or strain it into a container with a spout (Pyrex measuring cup, or mixing bowl). Cover and store in the fridge for about 4 hours or overnight. If you are in a hurry you can do 2.5 hours, then 30 minutes in the freezer, or alternate between them after 1 hour in the fridge for 30 minute intervals, fridge, freezer.
- 6 Meanwhile, puree half the lychees in a food processor or dice and smash ferociously by hand. Chop the remaining half into gummy bear sized pieces, about $\frac{1}{4}$ inch.
- 7 When the cream is thoroughly chilled, pour into your ice cream maker on the lowest speed for 20-25 minutes.
- 8 Stir chopped lychees in by hand. [Alt] Add to the machine, but did not mix well for me.
- 9 Scoop ice cream into storage container(s), seal, and place in the freezer for 2 hours before serving.

Lychee Cloud (without ice cream maker)

DelightMeMonthly

prep time	cook time	serves
30 min	20 min	10

Ingredients you need

FOR THE CONDENSED MILK

(skip if you purchase from the store)

Makes about $\frac{3}{4}$ cup

2 cups of milk

$\frac{3}{4}$ cup of sugar, more if lower fat milk

Note: need hand or stand mixer

FOR THE CREAM

1 $\frac{1}{2}$ - 1 $\frac{3}{4}$ cups heavy whipping cream

2 Tbsp. caster/granulated sugar

$\frac{1}{4}$ tsp cream of tartar [optional]

$\frac{3}{4}$ cup condensed milk

$\frac{1}{2}$ tsp vanilla extract or flavoring

250g can lychees, pureed

Instructions

- 1 Place your metal mixing bowl and whipping cream in the freezer. Add the whisk / beaters in too. They must be really cold.
- 2 [Condensed Milk] Slowly cook out the water from the milk, condensing it and sweetening it by adding sugar. Once the sugar has dissolved, leave the solution without stirring (!) for 25 minutes. Do this by not quite simmering (or a lightly simmer) the milk and sugar combination for a total of 40-45 minutes in a wide sauce pan or non-stick skillet. Check on the milk and carefully skim off any foam around the top edge. Let it continue until clearly darker, about 5 more minutes.
- 3 Remove any additional foam or sugars from the top layer. Stir the condensed milk mixture and remove from heat. Ready the $\frac{3}{4}$ cup of condensed milk in a measuring cup or bowl. Set aside.
- 4 [Puree] Add all the lychees to a food processor and blend until a creamy white liquid with some grains and small bits left not blended (lazy blend).
- 5 [Cream] Add cream, sugar, and salt to the mixing bowl and beat on medium-high until stiff peaks are formed. About 1-2 minutes.
- 6 Fold in the condensed milk, trying to keep some of the air in the whipped cream.
- 7 Add the lychee cream and any additional lychees you set aside in $\frac{1}{4}$ inch chunks. Fold in.
- 8 Cover and place in freezer in metal mixing bowl for 3-5 hours.