

Caramelised Prune Ice Cream



Aus Prunes

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If you are trying to impress your family or guests, this ice cream will do it. Decadent and yet so easy.

SERVES: **10** | PREP TIME: **15 mins** plus cooling/churning time (with an ice cream maker)

LEVEL OF DIFFICULTY: ●○○

Ice Cream

INGREDIENTS

- 1¼ cups (250g) **Australian prunes**, pitted
- 1 cup water
- 1 cup white sugar
- 1 cup whole milk
- 600ml cream
- 1 large pinch salt
- 4 egg yolks

METHOD

1. Put prunes into a heavy bottom saucepan with the sugar and water. Bring to a low boil and simmer for 10 mins until prunes are very plump and soft and the sugar syrup is thick.
2. In another saucepan put the cream, milk and salt. Warm over a low heat until the salt dissolves, about 3 mins. Whisk egg yolks together in a jug and pour into warm milk and cream mixture, still on low heat, whisking constantly.
3. Once incorporated, slowly tip prune and sugar syrup mix into milk and egg mixture, whisking constantly, until the mix coats the back of a spoon and/or reaches 80 degrees Celsius.
4. Chill for 4 hours or overnight then churn in an ice cream maker to the manufacturers instructions.

NUTRITION

Per serve: Energy 1570kJ • Protein 4g • Total fat 25g • Saturated fat 15g • Total Carbohydrates 32g
• Total sugars 32g • Dietary fibre 2g • Sodium 50mg

25g prunes per serve (half of daily 50g serve of prunes)



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