



Cooking Essentials for a Flavorful Life™

## *Lavender Lemon Ice Cream*

*This refreshing ice cream has a delicate lavender flavor. If you desire a more intense lavender taste, include the leaves and stems along with the petals, but be sure to remove them before chilling.*

**Prep Time:** 15 minutes

**Chill Time:** 20 minutes (Plus 8 hours for cooling)

**Yield:** 6

### **Ingredients**

4 egg yolks  
2 1/2 cups heavy cream  
1/2 cup granulated sugar  
1/2 teaspoon vanilla extract  
1/2 teaspoon lemon zest  
3 tablespoons fresh lavender petals

### **Preparation**

1. Whisk egg yolks in small bowl and set aside.
2. In a medium saucepan, heat 2 1/2 cups cream and sugar over low heat. Stir occasionally and heat slowly.
3. Slowly temper 1 cup of warm cream from saucepan into yolk bowl.
4. Slowly pour tempered egg and cream mixture into the saucepan.
5. Add vanilla, lavender and lemon. Continue cooking to 160 degrees, stir occasionally.
6. Remove from heat and cool to room temperature (for about 30 minutes). Chill in refrigerator for 8 hours.
7. Add chilled mixture to electric ice cream maker and process for about 20 minutes or until desired texture is reached.

**Cook's Note:** Temper: Gently heat eggs by adding a small amount of hot liquid to beaten egg yolks, stirring as hot liquid is added. Add warmed egg mixture to hot liquid and continue stirring well to mix thoroughly. This technique will prevent the eggs from being scrambled and leave your custard smooth.

**Nutrition Facts per serving (1/2 cup):** 450 calories; 40g total fat; 24g saturated fat; 20mg cholesterol; 45mg sodium; 20g carbohydrate; 0g fiber; 4g protein

*Recipe Provided By Chef Stephanie Green, RDN*

*[www.GreensCookery.com](http://www.GreensCookery.com)*