

Passion Fruit Ice Cream

<http://userealbutter.com/2010/06/09/passion-fruit-ice-cream-recipe/>

slightly modified from [The Perfect Scoop](#) by David Lebovitz

1/2 cup (125 ml) fresh or frozen passion fruit pulp or concentrate (6-8 passion fruits – strain the pulp to separate from the seeds)

1 cup (250 ml) heavy cream

6 tbsps (90 ml) whole milk

7 tbsps (85g) sugar

pinch of salt

3 large egg yolks

spoonful of passion fruit seeds (optional – but I'd highly recommend it)

Combine the passion fruit pulp and 1/2 cup of cream in a large bowl. Place the milk, sugar, and salt and 1/2 cup of cream in a medium saucepan and warm over medium heat. Give it a stir so the sugar dissolves. Put the egg yolks in a medium bowl and slowly pour the warmed liquid into the yolks while whisking constantly to keep the yolks from cooking/curdling. Scrape all of the contents back into the saucepan and set the pan over medium heat. Stir constantly with a heatproof spatula making sure to get the bottom and edges of the pan. When the mixture reaches nappé consistency (coats the back of a spoon or spatula), strain the custard through a sieve into the passion fruit-cream mixture. Stir until blended and cool over an ice bath. Chill the custard completely in the refrigerator and then churn in your ice cream machine. Stir a few spoonfuls of passion fruit seeds (or seeds and pulp if you have it) into the ice cream just before it is done. Makes about 1.5 pints (3 cups).