



Consejo del chef

For a real homemade touch, serve with some wafers.

Raciones para 0

250 ml Whole milk

200 ml Heavy cream

3 Large avocados

3 Tablespoons of sugar

3 Teaspoons of cornstarch

Lime juice

A pinch of salt

- 1** In a saucepan, put together cream, milk, cornstarch, and sugar. Stir well to combine. Heat the mixture over low heat and keep stirring until it thickens. Remove from heat and set aside to cool.
- 2** When cold, halve the avocados and remove the flesh. Mash the flesh, and combine with lime juice or half lemon juice to prevent rusting, and mix well with the cream. Whisk with an electric hand mixer or a food processor.
- 3** Place the cream in a food container and cover it with cling film. The film must touch the cream and be tight enough to avoid browning. You can also use a zip plastic bag.
- 4** Place it in the refrigerator for at least four hours, or overnight for better results.
- 5** To make the ice cream without an ice cream maker: place the cream in a food container to freeze and place it in the freezer. Churn with a fork or a spatula every 30 minutes to break the ice crystals. Repeat four to five times in four hours.
- 6** To make the ice cream with an ice cream maker: place the mix for four hours at least in the refrigerator. Then, pour the mix into the ice cream maker, turn it on and let the ice cream become smooth and creamy. It will take around 40 minutes.

Chef's Notes

<https://cookinglovers.teka.com/en/receta/helado-de-aguacate/>

