Banana and curry ice cream

Consejo del chef

Serve as desired. If you want something really special, make a banana split with banana, whipped cream, and some caramelised cherries. Although it looks delicious with just some hot chocolate.

Raciones para 2

- ❏ **240 ml** Water
- ❏ **200 gr** Sugar
- ❏ **900 gr** Sliced banana
- ❏ **1** Teaspoon of ground curry
- ❏ **1** Teaspoon of ground turmeric
- ❏ **240 gr** Soy milk
- ❏ **240 gr** Coconut milk
- ❏ **2Teaspoon of vanilla extract (ground or liquid)** Teaspoons of lime juice
- ❏ **1** Teaspoon of vanilla extract (ground or liquid)
- ❏ **1/2** Teaspoon of salt

1. In a medium saucepan, mix water and sugar and bring it to a boil. Stir until sugar is dissolved and you've got syrup. It will take around five minutes. Lower the heat.
2. Add the sliced banana, ground curry, and turmeric, and cook until the banana is tender (around four minutes). Turn off the heat. Combine with soy milk and coconut milk and set aside to cool.
3. Pour the mix into a blender, and add the lime juice, vanilla, and salt. Whisk until completely smooth. Pour it into a large food container and let it chill for about six hours, or overnight if you plan to use an ice cream maker.
4. Place the mix in the ice cream maker and follow the instructions (each one works differently). Freeze in an airtight food container.
5. If you haven’t got an ice cream maker, place the cream into an airtight food container too, but place it in the freezer. Churn every 45 minutes to prevent ice crystals, and repeat the process for four to five hours.

Chef's Notes

https://cookinglovers.teka.com/en/receta/helado-de-platano-al-curry/