

# Homemade Mango Ice Cream

By: Blend Of Spice  
Makes 3 Pints

## Custard:

1.5 cups Heavy Cream  
1.5 cups Milk  
Pinch of saffron  
2 Cardamom Pods (seeded/crushed)  
Splash of Maple Syrup  
Agave to taste (or sweetener of choice)  
6 Egg Yolks

- Bring all the custard ingredients EXCEPT the egg yolks in a saucepan to a simmer.
- Whisk the egg yolks in a separate bowl then temper them by adding a little of the cream mixture at a time into the eggs and whisk.
- Keep adding the hot cream mixture to the egg yolks a little at a time and whisking continuously until the eggs combine well with the custard.
- Now add it all back to the saucepan, stirring continuously until the custard is thickened.  
**\*\*DO NOT LET THE MIXTURE COME TO A BOIL OR IT WILL CURDLE.**
- Once thickened flash it in an ice bath (stop cooking process) by just using a bowl larger than your saucepan filled with ice and water and sitting the saucepan directly into the ice water bowl.
- Make sure not to get any of the water into the custard.
- At this point you can strain it through a sieve if desired but I didn't.
- Then refrigerate until it's completely cooled.

## Mangos:

6 Mangos (peeled/pitted/pureed)  
1 Lime (juiced)

- Mix your mango puree and lime juice then combine it with the COOLED custard mixture.
- Churn the mixture into your ice cream machine, following your machine instructions.
- Add pistachios at the end for one last churn and then pull out into your containers to freeze.
- Before serving, garnish with ground pistachios.

## Notes:

- \*Make sure your mixture is completely cool before mixing in the mangos and churning or your ice cream will have ice crystals once its stored in the freezer.
- \*Lime juice helps the mangoes from browning.