

Avocado Ice Cream



Recipe courtesy of Alton Brown

Show: Good Eats | Episode: Curious Yet Tasty Avocado Experiment



Total: 8 hr 15 min
Prep: 15 min
Inactive: 8 hr
Yield: 1 quart ice cream
Level: Easy

Directions

Peel and pit the avocados. Add the avocados, lemon juice, milk, and sugar to a blender and puree. Transfer the mixture to a medium mixing bowl, add the heavy cream and whisk to combine. Place the mixture into the refrigerator and chill until it reaches 40 degrees F or below, approximately 4 to 6 hours.

Process the mixture in an ice cream maker according to manufacturer's directions. However, this mixture sets up very fast, so count on it taking only 5 to 10 minutes to process. For soft ice cream, serve immediately. If desired, place in freezer for 3 to 4 hours for firmer texture.

Ingredients

- 12 ounces avocado meat, approximately 3 small to medium
- 1 tablespoon freshly squeezed lemon juice
- 1 1/2 cups whole milk
- 1/2 cup sugar
- 1 cup heavy cream