



Long Livo

Strawberry Ice Cream Recipe

20 min

Prep time

4

Servings

15 min

Cook time

Medium

Difficulty

35 min

Total time

American

Cuisine

Ingredients

Ice Cream Base

- ☐ 2 cups fresh strawberries, hulled
- ☐ 1 cup heavy cream
- ☐ 1 cup whole milk
- ☐ 3/4 cup granulated sugar
- ☐ 4 large egg yolks
- ☐ 1 tsp vanilla extract
- ☐ 1 tbsp fresh lemon juice

Instructions

- 1 Blend the strawberries until smooth, then set aside.
- 2 In a saucepan, combine cream, milk, and half the sugar; warm over medium heat until sugar dissolves.
- 3 Whisk the egg yolks with the remaining sugar until pale, then slowly pour in the warm cream mixture while whisking constantly.
- 4 Return the mixture to the saucepan and cook gently, stirring, until it thickens enough to coat the back of a spoon.
- 5 Remove from heat, stir in vanilla, lemon juice, and the strawberry puree; let cool to room temperature.
- 6 Cover and chill the custard in the refrigerator for at least 2 hours.
- 7 Transfer to a shallow pan, freeze, and stir every 30 minutes for 3-4 hours until smooth.
- 8 Serve directly or store in an airtight container for up to two weeks.

Nutrition per serving

210 kcal

Calories

3 g

Protein

22 g

Carbs

12 g

Fat

Tips & notes

- If the mixture becomes too thick while stirring, let it sit for a few minutes to soften.
- For a richer flavor, add a splash of almond milk ice cream link essence.
- A pinch of sea salt can heighten the strawberry sweetness.