

Fresh Mint Gelato

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Fresh Mint Gelato

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With this recipe you blend the mint with the base gelato mixture so you get a beautiful pale green colour as well as the refreshing mint flavour.

Makes 1 kg (10 scoops)

- 115g caster (superfine) sugar
- 30g dextrose
- 15g skim milk powder
- 5g carob bean powder
- 550ml milk
- 195ml pouring (single/light) cream
- 35g fresh mint leaves
- 90g condensed milk

Put the sugar, dextrose and skim milk powder in a bowl and mix to combine.

Put the carob bean powder in a separate bowl. Add 2 tablespoons of the sugar mixture and mix together well.

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Pour the milk and cream into a large heavy-based saucepan over a medium heat.

Whisk in the carob bean powder mixture and continue to heat, whisking in the sugar mixture as you go, until it hits 85°C. Remove from the heat, pour into a suitable lidded container and leave to cool in the freezer for 1 hour, or until the mixture drops to 4°C.

Turn on your gelato maker so it begins the freezing process.

Add the mint and condensed milk to the mixture and blend with a hand-held blender until smooth.

Pay attention when straining the mixture because any pieces of mint leaves that are left can give the gelato a gritty texture.

Strain the mixture and transfer it to your gelato maker. Once it reaches -4°C or is the consistency of soft-serve ice cream (this should take about 30–45 minutes), detach the canister or scoop the gelato into a pre-cooled lidded container.

Transfer to the freezer and leave for at least 1 hour to harden before serving.

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