

Filipino Mango Ice Cream Recipe

Ingredients: Serves 6

2 cups milk
2 eggs
½ cup castor sugar
1½ - 2 cups mango pulp, fresh or canned
1 teaspoon unflavored gelatin
2 tablespoons water
1 cup cream

Method:

Turn freezer to its coldest setting. Put milk in a saucepan and bring slowly to the boil. Meanwhile, separate eggs and beat the yolks with half the sugar in a bowl until thick and light. Pour a little of the hot milk on to the yolks, stirring constantly, then return yolk mixture to saucepan and cook over hot water or on very low heat. Stir all the time and do not allow to reach simmering point or the custard will curdle. As soon as it is thick enough to lightly coat back of spoon, remove from heat and keep stirring until it cools somewhat. Pour into freezer tray and freeze until mushy. Sprinkle gelatin over cold water in a cup and stand the cup in a small saucepan of water. Bring the water to the boil so gelatin dissolves. Stir this into the mango pulp. Whip the cream until it holds soft peaks. Do not overbeat or ice cream will have a buttery texture. Beat egg whites until soft peaks form, add remaining sugar and beat until soft and glossy. Scrape half-frozen custard into a bowl and beat with rotary beater until it is smooth, but do not let it melt. Chilling bowl and beater helps in hot weather. Fold in the mango pulp, egg whites and whipped cream and return to freezer trays. Freeze until firm.

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