

GINGER-CARDAMOM ICE-CREAM



USED BRESC PRODUCTS



Ginger puree 450g

INGREDIENTS

1,5
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- ¾ l cream
- ¼ l full-fat milk
- 250 g sugar
- 125 g egg yolk
- 5 cardamom pods
- 30 g Bresc Ginger puree
- red fruit to garnish
- honey cress

PREPARATION METHOD

Put the cream, the milk, the cardamom and 125 g of sugar into a large saucepan. Bring them to the boil and add the ginger. Allow the flavours to infuse for 15 to 20 minutes in the covered pan. Strain the mixture. Whisk the egg yolk and the remaining sugar at full power until it is white. Pour the hot mixture onto the white, whisked egg. Whisk thoroughly. Return the mixture to the pan and heat to about 75 to 80 degrees. Cool as rapidly as possible. Use an ice-cream maker to whip up the mixture into ice-cream. Serve with the red fruit and honey cress.