

Banana Lime Ice-Cream

Make 2 Days Ahead.

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

Banana Mixture

12 ounces (350g) banana (overripe, previously frozen and thawed)*

2 lime zest (green part only)

2.5 ea. (60ml) lime juice

*How to ripen bananas fast: Lay them out on a lined baking sheet and pop them in a 400°F (200°C) oven for about 30 minutes, or until the skin is shiny black. Let cool completely before peeling or freeze for later use.

Method

Blend overripe bananas along lime zest and lime juice and refrigerate.

Banana Ice-Cream

1 cup (250ml) whole milk

1 cup (250ml) heavy cream

4 Tbsp (60ml) honey

5 ounces (150g) granulated sugar

5 Tbsp (50g) powdered milk

4 ea. (80g) egg yolks

Method

In a saucepan, bring milk, heavy cream, honey, sugar to 95°F (35°C) then whisk in powdered milk and yolks or use an immersion blender. Cook mixture whisking constantly on medium heat then using a wooden or rubber spatula, stir constantly, using a figure-eight motion, until it reaches 185°F (85°C). Note that creme Anglaise should not boil or it will separate. Pass through a fine sieve over the banana lime mixture and blend. Let cool completely over ice-water and refrigerate overnight in order to get a full bodied ice-cream also called flavor maturation. Process in an ice cream machine according to the manufacturer's directions and place in the freezer a couple of hours before serving. If too stiff after a few days of storage; slightly soften the ice cream in the refrigerator or at room temperature before scooping it out.

Banana Lime Ice-Cream Bars (For Plated Dessert)

Once ice-cream is processed, spread it evenly in a 9-1/2x13x1 inch (24x33cm) previously frozen baking tray (to prevent from melting) lined with plastic wrap, cover with wrap in contact, tap and freeze overnight. Unmold the frozen ice cream, trim off all sides and divide into desired shapes. Place the portioned ice cream on silicon mat or parchment and kept frozen. For the Milk Chocolate Mousse Crunch Plated Dessert, cut out ice-cream bars slightly smaller than the chocolate bars.

