

Seasonal Foods: Awesome Avocados | CCM Staff | April 2009



It might sound like an unusual concept, but the mellow flavor and smooth creamy texture of avocados are perfectly suited to ice cream. We top this one with a drizzle of roasted lemon and lime syrup to brighten up the flavors, but the gelato is great just by itself. Go to the Living Locavore guide on the CCM website to find local avocado growers.

Avocado Gelato with Roasted Lemon Lime Syrup

Makes 1.5 quarts

5 egg yolks
 ¾ c sugar
 2 c whole milk
 1 c cream
 1 tsp vanilla
 3 large or 4 small avocados, peeled and pitted
 2 Tbsp lime juice
 1 pinch salt

In a large bowl, beat sugar and egg yolks with an electric mixer until frothy.

In a saucepan over medium heat, warm the milk, cream and vanilla to a simmer, stirring frequently. Remove from heat. Beat a small amount of the milk mixture into the eggs, and then slowly add the rest of the milk and combine thoroughly.

Return the mixture to the saucepan and heat it slowly, stirring constantly, until it thickens enough to coat a spoon. Remove from heat and cool.

Puree avocado in a food processor with lime juice and salt. Add cooled custard and pulse a few times to mix thoroughly.

Strain mixture through a fine sieve, cover, and chill in fridge for at least four hours. Freeze in ice cream maker according to directions, and store in airtight container. Serve with a light drizzle of Roasted Lemon Lime Syrup.

Roasted Lemon Lime Syrup

1 lemon
 1 lime
 1½ c sugar
 ½ c water

Halve the lemon and lime, and set them cut side up on a baking sheet and bake in a 250° oven for 2 hours.

At the end of the 2 hours, in a saucepan, bring water and sugar to a simmer and stir until sugar is dissolved and syrup is slightly thickened.

Remove roasted citrus from the oven, and transfer to a glass measuring cup and add the syrup. Let it cool to room temperature, then cover and refrigerate overnight. Strain the syrup into an airtight container, squeezing the juice from the lemon and lime. Discard the solids, and refrigerate for up to 1 week.