

# Rosa Mexicano

**RECIPE** (Makes 1 quart)

## **Avocado Salted Butter Ice Cream**

### INGREDIENTS

- 8 Egg yolks
- 5.5 oz Sugar
- 2 cups Heavy cream
- 2 cups Whole milk
- 1 Vanilla bean, split & scraped
- 1 tsp. Kosher salt
- 2 Avocados
- 8 oz Unsalted butter, cut into cubes

### DIRECTIONS:

1. In a pot bring to a boil the heavy cream, whole milk, salt, and vanilla beans.
2. In a food processor, whip together the egg yolks and sugar until light, pale, and fluffy. Pour into a large bowl.
3. Temper the egg yolks with some warm cream and pour mixture back into the pot.
4. Cook over low heat until it thickens slightly.
5. Strain into a bowl and add the butter whisking until melted.
6. Refrigerate until chilled.
7. Puree the avocados into the ice cream base using a blender and blend until smooth. Strain through a fine mesh strainer.
8. Spin in ice cream machine until the proper consistency is achieved.
9. Transfer to a covered container, cover ice cream with plastic, close container and freeze for at least 4 hours before serving.