

avocado ice cream

ထောပတ်သီး ရေခဲမုန့် | tawbhat dhi yawe kare mot

The direct translation for avocado in Burmese is butter fruit. Avocados always reminds me of a treat we used to eat in Burma and one that I particularly enjoy, an avocado shake. It was simply made with ripe avocado, milk, a little condensed milk and sugar resulting in a rich buttery sweet drink. I have adapted this recipe into an ice cream which can be served as a dessert or a treat any time of day.

ingredients

1 large avocado, very ripe
1 oz of caster sugar
1 tablespoon milk
120ml double cream

method

Scoop out the flesh of the avocado into a liquidiser, add the milk and sugar and blend until smooth.

Stir the cream into the avocado mixture then pour into an ice cream maker, churn and freeze.

If you don't have a machine, pour the cream into a mixing bowl and whip until it forms soft peaks. Fold the avocado mixture into the cream and pour into a container. Place in the freezer for a few hours or until firm.

tip

Before serving, transfer the ice cream from the freezer to the fridge to soften for at least an hour.

variation

I found adding the seeds of a vanilla pod to the cream before whipping or adding a little lime juice for a hint of citrus also works particularly well.

Serves: 2, generously

Cooking time: 5 mins

