



WINE AND OLIVE ESTATE

OLIVE OIL ICE CREAM WITH BALSAMIC SWIRL

RECIPE 12/98

What you will need:

250ml milk

large pinch of salt

4 egg yolks

200ml castor sugar

60ml Morgenster Extra Virgin Olive Oil

Balsamic Reduction

125ml Morgenster Balsamic Vinegar

60ml sugar

How to prepare:

In a saucepan combine the milk and salt and heat to just below boiling point.

In a bowl beat the egg yolks and sugar well.

Add the hot milk to the sugar mixture while beating.

Return the mixture to the pot and cook over a low heat, stirring continuously, until the mixture coats the back of a spoon and thickens.

Pour the mixture into a bowl and refrigerate until well chilled.



Remove and slowly whisk in the olive oil, until smooth.

Churn in an ice cream maker following the manufacturer's directions.

BALSAMIC REDUCTION:

Heat vinegar and sugar in a pot and boil until thickened. Allow to cool.

Serve drizzled over the ice cream.

Recipe supplied by The Star, Angela Day.