Apricot Ice Cream

The Perfect Scoop by David Lebovitz



Full of apricot flavor. The riper the apricots the better.

1 pound apricots, fresh, very ripe

1/3 cup water

1/2 cup sugar

1 cup heavy cream

3 drops almond extract

1/2 teaspoon lemon juice

Carolyn T's Blog - Tasting Spoons:
http://tastingspoons.com

Servings: 5

1. Slice open the apricots, remove pits and any brown spots or stems, then cut each apricot into sixths. Cook the apricot pieces in water in a covered, medium, nonreactive saucepan over medium heat until tender, about 8 minutes, stirring occasionally. Remove from heat and stir in sugar until dissolved. Let cool to room temperature.
2. Once cool, puree the apricots and liquid in a blender of food processor until smooth. Taste a big spoonful; if there are any small fibers, press the mixture through a mesh strainer to remove them. Stir in the cream, almond extract and lemon juice.
3. Chill mixture thoroughly in refrigerator, then freeze per manufacturer's directions.

Per Serving (excluding unknown items): 282 Calories; 18g Fat (55.1% calories from fat); 2g Protein; 31g Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol; 19mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 3 1/2 Fat; 1 1/2 Other Carbohydrates.