Roasted Banana Ice Cream

David Lebovitz' new book about Ice Cream - The Perfect Scoop



This contains NO cream, and yet it's very creamy and extra delicious because of the roasted bananas.

3 medium bananas, ripe, peeled

1/3 cup brown sugar, 70 grams

1 tablespoon butter, cut into small pieces

1 1/2 cups milk, whole milk, not anything else

2 tablespoons granulated sugar

1/2 teaspoon vanilla extract

1 1/2 teaspoons lemon juice, freshly-squeezed

1/4 teaspoon salt

Serving Ideas: David suggests using this ice cream as the basis for a banana split; I think it would take beautifully to some add-ins, such as some chocolate chunks and toasted walnuts or pecans à la Chunky Monkey, a swirl of dulce de leche, or even a bit of cinnamon, nutmeg and rum to evoke the flavor of bananas foster.

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

Servings: 6

The benefits of this: It doesn't have a custard base, which means putting it together is a snap. The other is that it doesn't actually contain any cream. Just that little bit of butter and some milk - that's all. But you'd never know it since it tastes as rich and creamy as any super-premium ice cream out there. I've also added about a tablespoon of Tuaca to this mixture also. Tuaca is a vanilla-flavored liqueur from Italy.

1. Preheat the oven to 400F/200C. Slice the bananas into 1/2-inch (2-cm) pieces and toss them with the brown sugar and butter in a 2-quart (2-liter) baking dish. Bake for 40 minutes, stirring just once during baking, until the bananas are browned and cooked through. Scrape the bananas and the thick syrup in the dish into a blender or food processor (or a large bowl, if you're using an immersion blender). Add the milk, granulated sugar, vanilla, lemon juice and salt, and puree until smooth. Chill the mixture thoroughly in the refrigerator, then freeze it in your ice cream machine according to the manufacturer's instructions (or freeze in a covered container, blending every couple of hours with an immersion blender until it becomes solid).
2. If the chilled mixture is too thick to pour, whisking will thin it out. This could be the basis for a banana split, but it also will take beautifully to some add-ins, such as some chocolate chunks and toasted walnuts or pecans à la Chunky Monkey, a swirl of dulce de leche, or even a bit of cinnamon, nutmeg and rum to evoke the flavor of bananas Foster.

Yield: 3 cups

Per Serving (excluding unknown items): 156 Calories; 4g Fat (23.2% calories from fat); 3g Protein; 29g Carbohydrate; 1g Dietary Fiber; 13mg Cholesterol; 142mg Sodium. Exchanges: 1 Fruit; 0 Non-Fat Milk; 1/2 Fat; 1 Other Carbohydrates.