

Garden herb inspired recipes

National
**Children's
Gardening**
Week

Fresh mint and chocolate chip ice cream

30 mins prep Serves 4



Grow your own ingredients!

Shopping list for your local garden centre:

Mint plants from your garden centre.
Small bag of multi-purpose compost.
Plant pot or container (as big as your appetite!).

Ingredients:

140g dark chocolate
400ml full-fat milk
300ml double cream
1 vanilla pod, split
75g/2½oz fresh mint leaves with stalks
4 large egg yolks
140g caster sugar

Method:

1. Put the chocolate in a plastic bag, seal and freeze for at least 30 mins. Crush the frozen chocolate inside the plastic bag
2. Pour the milk and cream into a pan, then scrape the vanilla pod, seeds into the mixture. Heat the milk, stirring occasionally, until almost boiling. Add the **mint leaves and stalks**, cover with a lid, and leave for 15 mins.
3. Strain the liquid, pressing the mint with a spatula to extract maximum flavour. Discard the leaves and stalks, and scoop out the vanilla pod.
4. Whisk the egg yolks and caster sugar until thick and pale. Return the minty cream to a clean pan and bring back to almost boiling.
5. Pour half the hot liquid onto the egg and sugar mixture, whisking to combine everything before adding the remaining liquid. Return the custard to the rinsed-out pan and cook over a low heat, stirring until lightly thickened (about 3-4 mins). Strain the custard into a bowl and leave to cool, stirring occasionally to prevent a skin forming. Chill the custard until really cold – it's a good idea to leave it overnight.
6. Pour the custard into a chilled container and freeze for 2-3 hrs until the sides become icy. Whisk thoroughly to break up any crystals, then add the chocolate and freeze until solid. Leave to soften in the fridge for 20-30 mins, then serve.

From your garden: **fresh mint leaves with stalks**



Visit your **local garden centre** to start growing your ingredients.

Learn more at www.childrengardeningweek.co.uk

#NCGW