



DAIRY FREE MACADAMIA ICE-CREAM

This weeks Recipe of the Week comes from [Alyssia Fraser](#) . Alyssia is a bit of a connoisseur when it comes to making ice-cream and has her own local Ice-Cream label *Spoon & Table* here in the northern rivers. She was happy to share with us her recipe for Macadamia Ice-cream which you can also find in her recipe book 'The Food At My Table' . This ice-cream is super delicious and fun to make. Enjoy!

Ingredients:

3 cups *almond milk*

1/2 cup *rice syrup*

3 *free range eggs*

1/2 teaspoon *vanilla extract*

1 tablespoon *glutinous rice flour* mixed into a small amount of water (you can purchase this from any Asian Supermarket)

1/2 cup *macadamia butter*

1/3 cup roughly chopped *raw macadamias*

Method:

Beat the eggs and glutinous rice flour mix.

Add the almond milk, rice syrup and vanilla extract to a saucepan and bring to a simmer, mixing so all ingredients are well combined. Remove from heat.

Slowly add the milk mixture to the beaten egg mixture, one soup ladle at a time, whisking continually until half the milk mixture has been added. Then pour the rest in.

Transfer back to the saucepan, and then whisk until thickened over a medium heat.

Remove from the heat and keep whisking as the mixture cools to prevent lumps from forming. Stir in the macadamia butter.

Pour the mixture into a container and put in the freezer until partially frozen.

Remove from the freezer and break up the mixture with a knife. Beat with a high powered stick blender then return to the freezer.

Repeat this process once or twice more, depending on how well the mixture beats up to an ice-cream consistency.

When beaten for the last time, fold in the chopped macadamia nuts and re-freeze to set. Enjoy.

Note: Glutinous rice flour is not the same as regular white or brown rice flours and does NOT contain gluten. It is made from sticky rice, hence the name.

Gluten Free | Dairy Free | Refined Sugar Free

To see more from Alyssia you can visit her site [here](#)