

Dessert

Pistachio-Lemon Gelato

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Preparation Time: 30 minutes

Start to Finish Time: 2 hours

Chill:

1 medium lemon

12 egg yolks, lightly beaten

4 cups whole milk

1 1/3 cups sugar

1/2 cup frozen lemonade concentrate, thawed

1/3 cup dry roasted pistachio nuts, chopped

ice cream maker

Using a vegetable peeler, cut long strips of peel from the lemon.

In a large saucepan, combine the egg yolks, milk, sugar and the lemon peel strips. Cook and stir over medium heat just until the mixture coats a metal spoon. Remove from the heat. Remove the peel and discard.

Transfer the cooked egg mixture to a large bowl. Cover the surface with plastic wrap.

Refrigerate several hours or overnight until completely chilled. (Or place the saucepan in a sink of ice water to chill quickly.)

Stir the lemonade concentrate into the chilled egg mixture in a 4- or 5-quart ice cream maker following manufacturers directions.

Stir in the nuts.

If desired, freeze for 4 hours.

Per Serving (excluding unknown items): 2354 Calories; 94g Fat (35.4% calories from fat); 66g Protein; 321g Carbohydrate; 1g Dietary Fiber; 2684mg Cholesterol; 568mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Fruit; 4 Non-Fat Milk; 14 1/2 Fat; 18 Other Carbohydrates.