



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Eggplant**

Eggplant Pecan Ice Cream

Ingredients:

- 1 egg plant (about 1lb), small diced
- 14 oz sweetened condensed milk
- 2 cups heavy cream
- 1 cup maple syrup
- 1 cup butter
- 1 ½ cups brown sugar
- 1 cup pecans, chopped
- 1 tsp ground anise or anise seed

Directions:

Combine the maple syrup, butter, brown sugar, and anise in a pot over medium-high heat. Stir the mixture once the butter melts down. Let it simmer for a few minutes until brown sugar has dissolved and the mixture begins to bubble. Add the diced eggplant and cook until the eggplant has turned to a dark candied color. This will take about 10 minutes. Fold in the pecans and allow to cool completely. Then stir in the condensed milk.

In an electric mixer, whip the heavy cream until soft ribbons form. Combine with the eggplant mixture. Place in the freezer for 2-3 hours. Give the ice cream a good fold and freeze for another couple hours or overnight.