



A TASTEFUL PLACE  
AT THE DALLAS ARBORETUM

## Nopales Lemon Thyme Ice Cream

**Hero Vegetable: Nopales, Seasonal Herbs**

### Ingredients

- 1  $\frac{3}{4}$  c heavy cream
- $\frac{3}{4}$  c whole milk
- 2-3 tbsp dry milk
- 1 tbsp lemon zest
- 5-6 sprigs of lemon thyme
- $\frac{1}{2}$  c sugar
- 5 egg yolks, or 1  $\frac{1}{2}$  - 2 tbsp corn starch\*
- 2 tbsp honey
- $\frac{1}{2}$  c nopales puree, 3-4 nopales pads\*

*Allergies: Honey, Dairy*

### Directions

\*Nopales Puree: Clean, trim and dice 3-4 nopales pads. Bring water to a boil and add the nopales then cook for 10-12 minutes. Strain under the sink, rinse with cold water, and then blend into a puree.

In a heavy set pot add heavy cream, whole milk, sugar (set 2 tbsp aside), and dry milk, and bring up to at least 140°F (Do not go over 160°F). Once you're within the range of 140°F - 160°F, add lemon zest and lemon thyme and turn off the heat. Steep for 10-15 minutes or until the herbal oils are infused. Strain out the herbs and lemon zest, then put the mixture back on the heat and bring up to 170°F-175°F.

Separate the egg whites and yolk, and mix the egg yolks with the 2 tbsp of sugar set aside. Ladle and whisk in the heated milk mixture into the egg yolks to temper the eggs before adding to the base. Once you've ladled in about 2 cups worth, slowly whisk in the tempered eggs into the main pot. Continue to stir the mixture so we don't get scrambled eggs. The mixture will thicken slightly and should coat the back of a spoon.

\*Cornstarch alternative: Add a few tbsp of the base into a bowl with the cornstarch and create a slurry. Add the slurry when the milk base reaches about 175°F-180°F and cook until slightly thickened.

Turn off the heat, and let sit until the mixture comes to about 140°F, then using either a blender or an emulsion blender, add in the honey and nopales puree.

Refrigerate overnight or until the mixture is under 40°F. Follow the instructions for your home ice cream maker (mine has me freeze the base before hand, and then churn and serve!)