

Matcha Ice Cream with Sesame Caramel Sauce

Made with Mighty Leaf Matcha tea.

Ingredients

- Ice Cream
- 2 cups whole milk
- 1/4 cup Matcha green tea
- 2 cups heavy whipping cream
- 3/4 cup granulated sugar
- Grated rind of 1 lime (reserve the lime for the sauce)
- Few drops of vanilla extract.

Sesame-Caramel Sauce

- 1 cup granulated sugar
- 1 cup water
- Juice of 1 lime (reserved from above)
- 1/2 cup heavy whipping cream
- 2 tablespoons toasted sesame seeds
- Warm water, as needed, to thin the sauce

Preparation

You will need an ice cream maker for this recipe. Any green tea, whether finely powdered or whole leaf, can be used. The recipe has a slight green hue.

In a heavy saucepan, bring the milk and tea to a boil. Remove the mix from the heat and infuse for 1 minute. Pour it through a fine-meshed sieve into a heat-proof bowl, pressing hard on the tea leaves to extract as much of the liquid as possible. Put the milk mixture in a clean saucepan, and add the heavy whipping cream, sugar and lime zest. Bring the mix to a boil and stir until the sugar dissolves completely, about 5 minutes. Remove it from the heat, cool, then add the vanilla extract.

Chill the mixture until it's cold, then freeze it using an ice cream maker according to the manufacturer's instructions. Meanwhile, prepare the sauce. In a heavy 1-quart saucepan, bring the sugar, water and lime juice to a boil over medium to high heat.

Cook until it's golden brown, swirling the pan a few times, but do not stir. Do not allow the sugar to burn; the mixture should become an amber color. Meanwhile, in a small saucepan, heat the cream until it's warm, then add the cream, a few tablespoons at a time, to the sugar mixture. Stir gently with a wooden spoon to blend, being careful not to splatter, as this mixture foams up the sides of the pan. When the sauce is blended, add the toasted sesame seeds.

Because this sesame-caramel sauce will thicken upon standing, thin as needed

with warm water prior to serving.

Serves

Serves 8.

Prep Time

20 minutes.

Diet Info

- 479 calories (57% from fat)
- 31 grams fat (18 gram sat. fat)
- 50 grams carbohydrate
- 4 grams protein
- 55 mg sodium
- 108 mg cholesterol
- 111 mg calcium
- 0 grams fiber

History

Around the early 9th century, a Japanese Buddhist monk, Saicho, is credited with introducing tea to Japan. During this period, Chinese culture significantly influenced and impacted art, politics and religion in the Far East. Consequently, while studying in China, Saicho became exposed to tea and brought back seeds to start growing at his monastery.

Other monks over time followed suit, and soon small tea plantations sprouted up at secluded monasteries. However, due to the isolation, tea's popularity did not blossom until the thirteenth century. At this time in history, people only drank tea in powdered form prepared by grounding tea leaves into a green powder and whipping in water with a whisk. Inspired by Buddhist spiritual philosophy, this marks the origin of the Japanese Tea Ceremony or "Chanoyu."

Origin

China, United States.