

Cinnamon and Nutmeg Soya Ice Cream

6-8 scoops

Ingredients

- ✓ 140g egg yolks (8 egg yolks)
- ✓ 20g cornstarch
- ✓ 60g sugar
- ✓ 300ml NutriSoy Fresh Soya Milk
- ✓ 180g whipping cream
- ✓ 1/2 tsp cinnamon
- ✓ 1/8 tsp nutmeg
- ✓ 1/4 tsp salt

Instructions

- ① Freeze Cuisinart bowl for 6 hours or overnight.
- ② Whisk egg yolks, cornstarch and sugar.
- ③ Heat 300ml soy milk in a saucepan til steaming. Pour in a thin stream into egg yolk mixture whisking constantly. Return mixture to the saucepan and cook until almost thick enough to coat a spoon.
- ④ Switch off heat. Whisk for a while more, the custard will thicken further.
- ⑤ Press custard through a sieve.
- ⑥ Whisk in 180g whipping cream. Add cinnamon, nutmeg and salt.
- ⑦ Bring batter to room temperature. Press cling wrap on the surface and refrigerate for 1 hour.
- ⑧ Churn the chilled custard mixture for 25 minutes



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