

Ice-cream with sugared walnuts, hazelnuts and almonds



Ingredients:

Sugared nuts:

200 g of mixed nuts (almonds, hazelnuts and walnuts)
200 g sugar
pinch of cinnamon
50 cc water.

Ice-cream:

1 litre milk
zest of 1 lemon
10 egg yolks
250 g sugar

Preparation:

Ice-cream: put the sugar, water and nuts in a pan. Cook over a medium heat, stirring constantly, until the sugar has caramelized and coated the nuts. Meanwhile, put the milk in a pan and bring to the boil. Remove from the heat. Mix the egg yolks and sugar and stir into the milk. Put the pan back on the heat and stir constantly until the mixture starts thickening; the temperature should not exceed 65°C. Add the nuts and leave to cool. Put the mixture in an ice-cream maker and churn for 20 minutes.