


Drink


Dessert

Chef's Recipe

Yakult Ice Cream Base

 30 minutes

 -Chill time:
8 hours or overnight
-Spin time:
30 minutes (varies according
to manufacturer)
-Freeze time:
8 hours or overnight

 1 quart of base

 1 ½ cups Yakult



Ingredients

- 1 ½ cups whole milk
- ½ cup heavy cream
- 1 cup sugar
- ¼ tsp salt
- ½ cup Greek yogurt
- 3 egg yolks
- 1 ½ cups **Yakult**

How to make it

1. Prepare your home ice cream maker according to the manufacturer's instructions. Most will require freezing the bowl overnight.
2. Combine the 1 ½ cups whole milk, ½ cup heavy cream, 1 cup sugar, and ¼ tsp salt in a large pot. Heat on medium high heat until scalding.
3. Meanwhile whisk together the ½ cup Greek yogurt and 3 egg yolks in a large mixing bowl. Once the liquid has come to a scald, temper it into the bowl with the egg yolks a little at a time while constantly whisking.
4. Return the mixture to the pot and continue to stir on medium high until it reaches 170°F or it's thick enough to coat the back of a wooden spoon and you can draw a line in it with your finger.
5. Strain the mixture through a fine mesh sieve into an air tight container. Whisk in the 1 ½ cups Yakult until fully incorporated. Cool over an ice bath and then place in the fridge to completely chill overnight.
6. Process the base in your home ice cream machine according to the manufacturer's instructions. Store in an air tight container in the freezer for at least 8 hours. Scoop and serve with your favorite syrups, sauces, and toppings or enjoy plain!