



EDAMAME ICE CREAM

Makes about 1 quart

INGREDIENTS

- 1 (8-ounce) package frozen shelled Edazen™ Edamame
- 6 large egg yolks
- 1 cup heavy cream
- ¼ teaspoon vanilla extract
- 2 cups whole milk
- ¾ cup agave nectar, light or amber
- ¼ teaspoon salt

INSTRUCTIONS

1. Prepare edamame following the directions on the package. Rinse thoroughly with cold water to stop the beans from cooking, then drain. Set aside, allowing beans to cool completely. Prepare a large bowl half-filled with ice water, and set aside.
2. In a medium bowl, whisk eggs, cream, and vanilla until frothy. In a medium saucepan, combine milk, agave nectar, and salt. Whisk to combine over medium heat, stirring occasionally until temperature reaches 175 degrees on an instant-read thermometer.
3. Using a ladle, slowly add about ½ cup of the hot milk mixture to the egg mixture, whisking constantly to prevent the yolks from cooking. Slowly pour the now-tempered egg mixture back into the pot. Cook over medium heat, whisking constantly, until the temperature again reaches 175 degrees on an instant-read thermometer.
4. Remove from the heat. Puree the custard with the edamame in two batches in a blender until smooth, about 5 minutes, pouring the pureed custard back into the medium bowl. Nestle the bowl into the ice water and stir custard occasionally until completely cooled, about 5 minutes. Strain the custard through a fine mesh sieve, discard the solids and transfer the custard into an ice cream maker. Process the custard following the manufacturer's instructions. Once done, pour into a container, cover, and freeze until solid, 12 to 16 hours.