

Foodnity Recipes

Rhubarb Ice Cream – Creamy & Dreamy

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base Ingredients

- [ ] 2 cups rhubarb stalks, sliced
- [ ] ¾ cup granulated sugar
- [ ] 1 tbsp fresh lemon juice
- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] ½ cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] Pinch of salt

Optional Swirl

- [ ] ¼ cup zesty rhubarb sauce
- [ ] 1 tsp orange zest

Instructions

1. In a saucepan, combine sliced rhubarb, granulated sugar, and lemon juice. Cook over medium heat, stirring, until rhubarb softens and the mixture thickens, about 8-10 minutes.
2. Remove from heat and let cool slightly; then blend the compote until smooth, or leave a few small pieces for texture.
3. In a separate bowl, whisk together milk, heavy cream, powdered sugar, vanilla, and a pinch of salt until fully combined.
4. Temper the cream mixture by slowly whisking in a few spoonfuls of the warm rhubarb puree, then combine everything and chill the base in the refrigerator for at least 2 hours.
5. Pour the chilled base into an ice-cream maker and churn according to manufacturer’s instructions, about 20-25 minutes, until a soft-serve consistency forms.
6. If using, swirl in the optional rhubarb crumble sauce gently with a spatula.
7. Transfer the ice cream to an airtight container and freeze for an additional 2-3 hours for a firmer texture.

Nutrition per serving

280 kcal	4 g	30 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra silkiness, strain the rhubarb puree through a fine mesh before mixing.
- If the mixture seems too thick after chilling, thin with a splash of milk.
- Serve with fresh berries for a colorful garnish.