

Foodnity Recipes

Roasted Strawberries Lime Basil Ice Cream

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

Ingredients

Main Ingredients

- [ ] 1 pint fresh strawberries, hulled
- [ ] 1 cup heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 4 large egg yolks
- [ ] Zest of 1 lime
- [ ] 2 tbsp fresh basil, finely torn
- [ ] Pinch of sea salt

Instructions

1. Preheat the oven to 400°F (200°C). Toss the strawberries with 2 tbsp sugar and spread on a baking sheet; roast for 12-15 minutes until the edges caramelize.
2. While strawberries roast, combine cream, milk, and remaining sugar in a saucepan; heat until just simmering, then remove from heat.
3. Whisk egg yolks in a bowl; slowly pour in the hot cream mixture while whisking constantly to temper the yolks.
4. Return the custard to the saucepan, cook over low heat, stirring, until it coats the back of a spoon (about 5-7 minutes).
5. Blend the roasted strawberries into a puree, then stir into the custard along with lime zest, basil, and a pinch of salt.
6. Pass the mixture through a fine sieve into a clean bowl; chill in the refrigerator for 1 hour.
7. Transfer the chilled mixture to a freezer-safe container; freeze for 4 hours, stirring gently every hour to break ice crystals.
8. When ready, scoop into bowls and garnish with a basil leaf; enjoy the bright, herb-infused coolness.

Nutrition per serving

280 kcal	5 g	28 g	16 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra caramel depth, drizzle a thin stream of honey over the strawberries before roasting.
- If the mixture feels too thick after chilling, whisk in a splash of milk before freezing.
- A light dusting of lime zest on the final scoop adds a fresh aroma.