

Thai Lemongrass, Lime and Ginger Ice Cream

by Healing Family Eats

Prep time: 5 minutes

Cook time: 5 minutes

Chill time: 8 hours

Total time: 8 hrs 10 minutes

Serves 4-6

5 large sticks lemongrass, chopped and bruised with the side of a large knife
10 large kaffir lime leaves
1 thumb (2 inch) worth of fresh ginger, peeled and sliced
1 x 500ml carton (2 cups) coconut milk
zest and juice of 1 large lime (3 tablespoons juice)
2 tablespoons honey
pinch sea salt



Put a freeze-proof container into the freezer.

Put the lemongrass, lime leaves and ginger into a pan with the coconut milk and bring up to a gentle simmer. Simmer for 5 minutes, then turn off the heat and leave to one side to cool completely.

Pour the mixture into a medium bowl, cover and leave in the fridge for 8 hours to infuse.

Strain the contents into a medium jug, add the lemon zest and juice, honey and salt, and whisk until well combined.

Pour into an ice cream machine and follow the manufacturer's instructions. Spoon into the container and freeze until needed.