

Red Rooibos with liquorice and strawberry ice cream with roasted strawberries



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Used Teas



Red Rooibos
Liquorice &
Strawberry

Ingredients

Red Rooibos with liquorice and strawberry ice cream with roasted strawberries

- 1 vanilla bean
- 4 cups (1 litre) whole milk
- 8 egg yolks
- 2½ tablespoons (40 grams) of sugar
- 7 oz (200 grams) of white chocolate (good quality chocolate).
- 1½ tablespoons of liquorice powder
- 4 Red Rooibos with liquorice and strawberry tea bags



Roasted strawberries

- 1 punnet of strawberries
- 30 ml hazel nut syrup
- 30g dark brown sugar
- ¼ teaspoon grated nutmeg
- 10 nice leaves of tarragon

Methods and Directions

Red Rooibos with liquorice and strawberry ice cream with roasted strawberries

- Cut the vanilla bean and remove the seeds (save both). Pour the milk into a saucepan and heat until just below boiling point. Add the Red Rooibos with liquorice and strawberry tea bags and steep for 4 minutes
- Whisk the egg yolks with the sugar and pour a little of the warm milk into the egg mixture, whisking thoroughly. Now transfer the egg mixture to the remaining milk in the saucepan.
- Add the vanilla bean, seeds and liquorice powder. Warm the mixture over low heat until it thickens (remember not to boil the mixture, do not exceed 183°F (84°C), use a thermometer if necessary).
- Chop the chocolate very finely and transfer to a bowl. Strain the cream and pour it over the chocolate. Carefully whisk the mixture from side to side with a wire whisk to blend the chocolate and cream.
- Cover the mixture and place in the refrigerator until completely cool. Transfer the mixture to an ice cream maker and follow the instructions for your machine.
- Or transfer to a suitable container and place in the freezer. After 30 minutes remove from the freezer and stir the mixture. Repeat the process every 30 minutes until the ice cream becomes firm.
- Place in the refrigerator 10-15 minutes before serving.

Roasted strawberries

- Preheat oven to 100
- Hull the strawberries and place into a small roasting tray. Add all the other ingredients. Cover tray with foil. Place in the oven for 2 – 3 hours. The strawberries will wilt slightly but still be a little firm to the touch.