Green tea and chocolate ice cream sandwich

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Green tea imparts a fresh, wholesome flavour in these ice cream sandwiches. Sprinkle with a little cinnamon sugar to serve.

Ingredients (serves 8)

Green tea ice cream

- 1 tbsp matcha green tea powder
- 3 tbsp hot water
- 200 ml milk
- 200 ml cream (or coconut cream)
- 4 free-range egg yolks
- 5 tbsp caster sugar

Chocolate buckwheat biscuits

- 220 g unsalted butter, softened
- 110 g (+ ¼ cup) rapadura or raw caster sugar
- 110 g (+ extra) wholemeal flour

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- 110 g [buckwheat flour](#)
- 2 tbsp [cacao](#)
- 1 (+ ½) tsp ground cinnamon
- Pinch salt
- 2 tbsp milk
- 1 tsp vanilla extract
- 150 g dark chocolate, finely chopped

Method
Green tea ice cream

Combine the green-tea powder and hot water together in a bowl and reserve to the side. Combine the milk and cream in a saucepan and bring to a gentle simmer. Whisk the yolks and sugar in a bowl to combine and then pour over the hot milk and cream while whisking. Return to the saucepan and place over a very low heat. Continually stir with a wooden spoon and gently cook for five to 10 minutes until the custard is thick enough to coat the back of the spoon. Return to the bowl and whisk through the green tea powder paste to dissolve. Place a piece of baking paper directly on the surface before refrigerating until cold. Churn in an ice cream machine following the manufacturer's instructions.

Chocolate buckwheat biscuits

Cream the butter and 110 g sugar. Add the flours, cacao, one teaspoon of ground cinnamon and salt together with the milk and vanilla and combine until a soft dough. Transfer to a work surface and gently press into a rough flattened ball. Wrap in plastic and refrigerate for 20 minutes. Using a little wholemeal flour, roll the dough out to about four mm thick. Cut out five cm diameter rounds and transfer to lined baking trays, allowing a little space in between. Gather the scraps and re-roll until you've cut as many biscuits as possible. Refrigerate the biscuits for 10 minutes. Preheat oven to 180°C. Bake for about 10 minutes until lightly browned. Combine the remaining ¼ cup rapadura sugar and ½ tsp ground cinnamon and sprinkle over the tops of the biscuits. Cool on trays.
Melt the chocolate in a bowl over just simmering water. Spread a little on the base of each biscuit and leave to cool, chocolate-side-up on a tray. Place a scoop of green-tea ice cream onto the chocolate side of a biscuit and sandwich with another. Using a small palate knife, smooth the edges to fill in the gaps and create a neat edge. Place back in the freezer to set as you fill each biscuit. Serve sprinkled with a little more cinnamon sugar.

Recipe and images from Recipe and images from *Food of the Southern Forests* by [Sophie Zalokar](#)

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