

Fresh Mint Gelato

Search:

- [Desserts](#)
- [Recipes](#)

Fresh Mint Gelato

```
(function(d, s, id) { var js, fjs = d.getElementsByTagName(s)[0]; if (d.getElementById(id)) return; js = d.createElement(s); js.id = id; js.src = "//connect.facebook.net/en_US/all.js#xfbml=1"; fjs.parentNode.insertBefore(js, fjs); }(document, 'script', 'facebook-jssdk'));
```

[Tweet](#) `!function(d,s,id){var js,fjs=d.getElementsByTagName(s)[0];if(!d.getElementById(id)){js=d.createElement(s);js.id=id;js.src="https://platform.twitter.com/widgets.js";fjs.parentNode.insertBefore(js,fjs);}}(document,"script","twitter-wjs");`



```
(function() { var po = document.createElement('script'); po.type = 'text/javascript'; po.async = true; po.src = 'https://apis.google.com/js/plusone.js'; var s = document.getElementsByTagName('script')[0]; s.parentNode.insertBefore(po, s); })();
```

[Add to favorites](#)



Rate this recipe

0 people are cooking this [Count me in](#)

With this recipe you blend the mint with the base gelato mixture so you get a beautiful pale green colour as well as the refreshing mint flavour.

Makes 1 kg (10 scoops)

- 115g caster (superfine) sugar
- 30g dextrose
- 15g skim milk powder
- 5g carob bean powder
- 550ml milk
- 195ml pouring (single/light) cream
- 35g fresh mint leaves
- 90g condensed milk

Put the sugar, dextrose and skim milk powder in a bowl and mix to combine.

Put the carob bean powder in a separate bowl. Add 2 tablespoons of the sugar mixture and mix together well.

Fresh Mint Gelato

Pour the milk and cream into a large heavy-based saucepan over a medium heat.

Whisk in the carob bean powder mixture and continue to heat, whisking in the sugar mixture as you go, until it hits 85°C. Remove from the heat, pour into a suitable lidded container and leave to cool in the freezer for 1 hour, or until the mixture drops to 4°C.

Turn on your gelato maker so it begins the freezing process.

Add the mint and condensed milk to the mixture and blend with a hand-held blender until smooth.

Pay attention when straining the mixture because any pieces of mint leaves that are left can give the gelato a gritty texture.

Strain the mixture and transfer it to your gelato maker. Once it reaches -4°C or is the consistency of soft-serve ice cream (this should take about 30–45 minutes), detach the canister or scoop the gelato into a pre-cooled lidded container.

Transfer to the freezer and leave for at least 1 hour to harden before serving.

```
function displayNutrition(msg) { $('#nutrition-label-container').text(msg); $('#nutrition-label-container').fadeOut(1000, function() { c_obj = $(this); window.setTimeout(function() { $(c_obj).fadeOut(1000); }, 5000); }); } function saveFavoriteNode(nid) { $.get('/favorite_nodes/add/' + nid, function(data) { //$('#result').html(data); alert('This recipe was added to your favorites list'); }); }
```