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Mango Ice Cream

Introduction

Mango ice cream is a delightful treat that captures the essence of summer in every creamy

bite. With its rich, tropical flavor and smooth texture, it is the perfect dessert for those warm days or any time you want to indulge in something sweet. This mango ice cream recipe is easy to follow and requires just a few simple ingredients, making it a favorite among dessert lovers.

Detailed Ingredients with measures

Fresh ripe mangoes - 2 cups, pureed
Sugar - $\frac{3}{4}$ cup
Heavy cream - 2 cups
Sweetened condensed milk - 1 cup
Fresh lemon juice - 1 tablespoon
Vanilla extract - 1 teaspoon

Prep Time

20 minutes

Cook Time, Total Time, Yield

Cook Time: 0 minutes
Total Time: 4 hours (including freezing)
Yield: 4-6 servings



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Detailed Directions and Instructions

Step 1: Prepare the Mangoes

Start by peeling and chopping ripe mangoes into small pieces. Ensure you remove the pit completely. You will need about 2 cups of chopped mango.

Step 2: Blend the Ingredients

In a blender, add the chopped mango pieces along with sugar and lime juice. Blend the mixture until you achieve a smooth puree.

Step 3: Mix the Cream

In a mixing bowl, combine heavy cream and milk. Use a whisk to mix them well until they are fully incorporated.

Step 4: Combine the Mixtures

Add the mango puree to the cream and milk mixture. Gently fold them together until the color is uniform and no streaks remain.

Step 5: Churn the Ice Cream

Pour the combined mixture into an ice cream maker and churn according to the manufacturer's instructions, usually around 20-25 minutes.

Step 6: Freeze the Ice Cream

Once churned, transfer the ice cream to an airtight container. Freeze for at least 4-5 hours or until it reaches your desired consistency.

Step 7: Serve and Enjoy

Once the ice cream is ready, scoop it into bowls or cones and serve immediately. You can garnish with fresh mango slices or mint leaves if desired.

Notes

Note 1: Choosing Mangoes

Opt for very ripe mangoes for a sweeter and richer flavor. Varieties like Alphonso or Haden

are ideal for this recipe.

Note 2: Adjusting Sweetness

Test the sweetness of the mango puree before mixing with the cream. You can adjust sugar according to your preference.

Note 3: Alternative Methods

If you do not have an ice cream maker, you can place the mixture in a shallow dish and put it in the freezer. Stir every 30 minutes until it reaches a creamy texture.

Note 4: Storage

Homemade mango ice cream can be stored in an airtight container in the freezer for up to 2 weeks for best quality.

Note 5: Serving Suggestions

Serve the ice cream with toppings such as toasted coconut, nuts, or a drizzle of honey for added texture and flavor.



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Cook techniques

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