



HONEY ICE CREAM

In Rwanda, Nyakinama village is famed for its bee-keeping practice, due to its location on the edge of Buhanga Forest – a natural habitat for bees. Many of the villagers boast two or three hives in their garden and generate income through the sale of honey; popular also for medical purposes and for brewing beer in the country. We love this desert for its sweet essence and fragrant aroma...

Ingredients

- 2 1/2 cups (625 ml) cream, thickened
- 1/3 cup (80 ml) honey
- 4 egg yolks
- 1/3 cup (80 ml) caster sugar
- 2 tsp (10 ml) vanilla extract

Method

1. Combine cream and honey in a saucepan over a medium heat. Cook, stirring occasionally for 5 minutes or until mixture simmers. Remove from heat.
2. Using an electric mixer, beat egg yolks, sugar and vanilla in a bowl for 5-6 minutes or until thick and creamy. Gradually beat in the warm cream mixture until combined.
3. Strain mixture into a clean saucepan over medium heat. Cook, stirring, for 10-15 minutes or until mixture coats the back of a spoon.
4. If you have an ice cream machine*, place in the machine and churn for 30 minutes.

Tip: Garnish with crispy honeycomb for an added crunch.

* If you do not have an ice cream machine pour into a shallow rectangular cake pan, cover and freeze for five hours or until just firm. Then transfer to a bowl and using an electric mixer, beat until smooth. Pour into a five cup-capacity loaf pan. Cover. Freeze for six hours or until firm.



Serves 10