

# Pistachio Gelato

I love pistachios and I love gelato. Gelato has less butterfat than most ice creams, which is one reason it has more flavor, partly because the flavors are not coated over by fat.

This recipe starts with making a cooked custard which takes a little time but is well worth the effort. The custard will take time to cool properly before you put it in the ice cream freezer so I suggest making the custard in the morning or the day before.

I took the custard recipe from my Cook's Illustrated *Italian Classics* cook book. There was a lot of science and testing behind the procedures and temperatures for cooking the custard. I cannot explain all of those here but please follow as carefully as you can.

Serves 5-6

## Custard Ingredients:

- 2-1/4 cup whole milk
- 1-1/4 cup heavy cream
- 3/4 cup granulated sugar (divided - see procedures)
- 1 teaspoon pure vanilla extract
- 4 egg yolks

## Other Ingredients:

- 1 cup pistachio cream - store bought or homemade (recipe below for homemade version)

## Pistachio Cream Ingredients:

- 7-8 ounces raw, unsalted, shelled pistachios
- 3 tablespoons granulated sugar
- 1 tablespoon olive oil
- 1 cup hot water

## Frankie's Tips:

- ◆ I highly recommend that you use an Instant Read Thermometer to keep track of the temperature during custard making.
- ◆ Gelato is typically served at a slightly warmer temperature than ice cream. If you freeze it overnight, I suggest pulling it out a little while before serving.

## Preparing Custard:

1. Combine the milk, cream, and 1/2 cup of the sugar in a medium saucepan set over medium heat. Heat to 175 F, stirring often to dissolve the sugar.
2. While the milk mixture is heating, place the egg yolks and remaining sugar in a bowl, and mix with a hand mixer on high speed until it is a pale yellow color and thick enough to fall in ribbons from the beaters.
3. When the milk mixture has reached 175 F, turn the heat to low. Then temper the egg mixture by slowly whisking 1/2 cup of the hot milk mixture into egg mixture to thin it and raise its temperature gradually. Then slowly whisk the egg mixture into the milk mixture.
4. Keeping the heat on low, heat the custard over low heat, stirring constantly, until a temperature of 180 degrees is reached. The custard should be thick enough to coat the back of a spoon. Whisk in vanilla.
5. Pour the custard through a fine mesh strainer into a bowl or container, to remove any bits of curdled egg. Place the bowl into a larger bowl of ice water to bring the custard to room temperature.
6. Cover and refrigerate until the custard is 40 F or lower. This should take 4-8 hours.

## Preparing Pistachio Cream:

1. While the custard is cooling in ice water, place the pistachios, sugar, and olive oil in a food processor or blender. Add about 1/4 cup of the hot water.
2. Process/blend, adding additional hot water one tablespoon at a time, until you achieve a smooth, creamy consistency. Stop and scrape down the sides of the bowl as needed.
3. Cover and refrigerate until ready to make the gelato.

## Preparing the Gelato:

1. When properly chilled, whisk together the custard and Pistachio cream. Blend in your ice cream or gelato maker. Eat immediately or freeze for a couple of hours.