

Blueberry Swirl Matcha Ice Cream



20-Apr-2024

Level: Easy

Cooking Time: 45 minutes

Serves: 10

Refrigerator & Freezing Time: 10 hours or overnight

Matcha Ice Cream Base ingredients:

1½ cups whole milk

3 cups heavy whipping cream

1⅛ cups white granulated sugar

3½ to 4 Tbsp. unsweetened matcha powder

Blueberry Swirl ingredients:

2 cups fresh blueberries, rinsed with water, patted dry, and stems removed

¼ cup baker's sugar (ultrafine granulated cane sugar)

½ Tbsp. fresh lemon juice



Prepare matcha ice cream base: In a large saucepan, gently mix with a whisk the whole milk, heavy whipping cream and sugar over medium-high heat. When the mixture becomes very hot (but not boiling), sift in the matcha powder. Whisk mixture until all the matcha powder has dissolved. Bring to a slow boil, reduce heat to low, and simmer mixture for about 15 minutes. Take off heat, transfer to a heat-proof bowl, and let cool. Cover and refrigerate for at least 5 hours or overnight.

Prepare blueberry swirl: In a medium saucepan, cook blueberries, sugar and lemon juice on medium-high heat for about 20 to 25 minutes, until mixture becomes thick with a jam-like consistency. Mash blueberries while cooking. Pour blueberry mixture through a fine-mesh sieve to remove skin and chunks. Cool sieved mixture completely. Cover and refrigerate for at least 5 hours or overnight.

Turn your ice cream maker on and pour the matcha ice cream base into the freezer bowl (which has been placed in the freezer for at least 24 hours). Mix until thickened, for about 25 to 30 minutes. Transfer the ice cream to an airtight container, alternately drizzling the blueberry swirl mixture in layers when adding the matcha ice cream. Freeze ice cream for at least 5 hours. Remove from freezer 5 minutes before serving, to soften for easier scooping.

Notes:

- I used 3½ Tbsp. ITO EN brand matcha powder. If you like your matcha ice cream bitter, when cooking, taste the mixture first, then add more matcha powder a ½ Tbsp. at a time. Use less if you like it more sweet. Just remember that the flavor will slightly dull once it is frozen.