

Banana Gelato



Level: Easy

Serves: 10

Cooking Time: 40 minutes

Refrigerator & Freezing Time: 9 hours

- 2 cups whole milk
- 1 cup heavy whipping cream
- 5 large egg yolks
- 2/3 cup white granulated sugar
- 1/4 tsp. Coarse Kosher Salt
- 3 large and very ripe bananas, cut into slices
- 1 tsp. pure vanilla extract
- 1 tsp. dark rum (I used Captain Morgan® Original Spiced Rum)



In a medium saucepan, heat the whole milk and heavy whipping cream on medium heat until bubbles form along the edges of the pan. Do not boil. Remove from heat and cool for 5 minutes. Meanwhile, in a large heatproof mixing bowl, beat the eggs yolks, sugar, and salt with a handheld mixer until thick and pale yellow in color (should be the consistency of mayonnaise). With the handheld mixer on low, slowly add the hot milk to the egg yolk mixture to temper the eggs. Mix until combined. Place the mixture back into the saucepan. On medium heat, stir the mixture constantly with a wooden spoon, until the mixture thickens like a custard sauce (when it reaches 180°F on a candy thermometer). Strain the custard through a fine mesh sieve into a medium heatproof bowl. Place the sliced bananas in a food processor/blender. Add 1/4 of the strained custard into the food processor/blender. Puree until smooth, then pour back into the bowl with the rest of the custard. Add the vanilla extract and rum. Stir until all are combined. Cover with plastic wrap so that the plastic wrap sits directly on top of the custard (this prevents a skin from forming). Refrigerate overnight.

Turn your ice cream maker on and pour the banana gelato mixture into the freezer bowl (which has been placed in the freezer for at least 24 hours). Let mix until thickened, for about 20 to 25 minutes. Serve immediately or for a harder consistency, transfer the ice cream to an airtight container and freeze for 4 hours. Remove from the freezer about 10 minutes before serving.