

Camel Milk Recipes: Vanilla Camel Milk Ice Cream



Vanilla ice cream is a must-have for homemade sundaes, to serve with brownies, or alongside your famous pie recipe for the holidays. It is surprisingly easy to make a more nutritious version of this frozen dessert that tastes so better than a store-bought brand.

This camel milk vanilla ice cream is rich and creamy, with the milk adding a slight sweetness that goes beautifully with maple syrup and vanilla. And the egg yolks give this sweet treat a smooth texture and beautiful off-white color.

The ice cream base is actually a custard. The maple syrup, egg yolks, and camel milk are carefully brought to a simmer before chilling. This gives a chance for the naturally-occurring lecithin and protein in the egg yolks to blend with the milk, giving it a slightly thickened, rich, and indulgent texture. After the base is cold, all that is left to do is churn it in an ice cream maker.

This whips air into the ice cream, yielding a fluffy texture without sacrificing creaminess. You can churn your ice cream until it looks like soft-serve, or give

it a few more minutes for a stiffer consistency. If you want it to set up even more so you can serve it in large scoops, freeze it for at least a few hours before you serve it.

This recipe is not only tastier than many traditional store-bought ice cream, but it's also better for you. Camel milk contains less fat and more protein, making it a lot easier on the digestive system than cow milk.

The maple syrup contains antioxidants and minerals and is healthier and more flavorful than cane sugar or corn syrup. You can feel good about eating an extra scoop of this creamy dessert knowing exactly what you put into it!

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Vanilla Camel Milk Ice Cream Recipe



Serves 3-4



Prep 20 mins

Ingredients

- ½ cup maple syrup
- 3 egg yolks
- 16 ounces raw camel milk or pasteurized camel milk
- 2 teaspoons vanilla extract
- A dash of salt

Instructions



1. In a small saucepan, whisk together the maple syrup and egg yolks.
2. Add the Desert Farms Camel Milk and mix well.
3. Heat over medium heat, stirring constantly with a whisk, just until the mixture starts to simmer.
4. Remove from heat immediately and strain into a bowl or other container through a fine-mesh sieve.
5. Add vanilla and salt and mix well.
6. Chill ice cream base until cold.
7. Churn with an ice cream maker per manufacturer's instructions until ice cream is desired consistency.
8. Serve ice cream immediately or transfer to an airtight container and store in the freezer until ready to serve.

Notes

Prep time does not include time for churning ice cream (30-40 minutes) and chilling (1-3 hours)

Courses Dessert