
Saffron Rose Berry Ice Cream

Cook Time: 0 min

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

Ice Cream

- 1/2 cup raw cashews, soaked for 3 hours or overnight
- 500ml coconut cream*
- 1/4 teaspoon saffron threads
- pinch of salt
- 90ml honey
- 2 teaspoons vanilla extract

Rose Berry Compote & Sauce

- 1 cup frozen raspberries
- 1 tsp lemon juice
- 2-3 tsp maple syrup
- 2-3 tsp rose water
- 1/2 tsp arrowroot powder (or cornstarch)

Instructions:

1. Make the saffron tea by grinding the saffron with a pinch of salt into a powder in a pestle and mortar, then add 2 tablespoons of hot water. Set aside for 5 minutes.
2. Make the compote by warming up the frozen berries until they start to break down and then add the maple syrup, lemon juice, and rose water and stir to incorporate. Remove from the heat. Strain the berries letting the liquid drip down into a bowl. You will use this liquid to make the sauce later.
3. Combine the soaked cashews with the coconut cream, saffron tea, honey and vanilla in a blender. Blend until completely smooth. Taste and add more honey if you prefer the ice cream to be sweeter. If the mixture is warm make sure it's completely cold before using the ice-cream maker.
 - Ice-Cream maker method: Pour the mixture into the ice cream bowl and start churning. It should be ready in about 20 minutes and have a soft-serve consistency. Transfer to your freezer container.
 - Freezer method: Transfer the mixture to a container with a lid, and store in the freezer, making sure to stir it every 30 minutes until you reach a soft-serve consistency.
5. Your ice-cream is now ready for the compote. Drop teaspoonfuls of the compote randomly over the ice-cream and then mix it in only enough to get a swirly pink design. Store it in the freezer for 2-3 hours to become firm.
6. Either while your ice-cream is churning or later on you can make the berry sauce by transferring the leftover liquid from the berries to a small saucepan and adding the arrowroot. Whisk to combine and let simmer just until you see the liquid slightly thicken. Remove from the heat and let cool.
7. Enjoy scoops of the ice cream with a drizzle of the sauce, guilt-free!

Notes:

You can either buy canned coconut cream, or refrigerate 2 full-fat coconut milk cans overnight, and then scoop out the cream that's on top, leaving the water (but don't throw it away, it's amazing added to smoothies)