

Mango Ice Cream – *Helado de mango*

Ingredients (for about 4 cups)

2-3 large mangoes; washed
1 cup whipping cream
1 cup milk
¼ cup granulated sugar, or more, to taste

Prepare equipment: Ice cream maker (for manual Donvier™, place metal tub upright in the freezer for at least 24 hrs.), or metal mould(s) pre-chilled in the freezer.

Slice mangoes into three pieces lengthwise, leaving the pit in the middle section (photo below, left). Score each side section to cut pulp into cubes, then remove skin; peel middle section, and slice off as much pulp as possible around the pit (photo below right):



Transfer pulp and any juices to a measuring cup (there should be around 2 generous cups of fruit); place in refrigerator for at least one hour. Keep cream and milk chilled until ready to use. Place cream, milk and sugar in a blender jar, and add reserved mango. Process until smooth. Taste mix and add more sugar, if needed, to taste, processing for an extra 20 seconds. Set up ice cream maker, or one or more pre-chilled metal moulds. **For ice cream maker**, transfer mix to ice cream maker, and follow manufacturers directions; the manual Donvier™ ice cream maker holds up to about four cups, so all the mix fits just right; make 4 clockwise turns every 2 minutes. This batch was ready after 20 minutes. Transfer ice cream to a container with lid, cover and store in the freezer. **For chilled metal mould(s)**, pour the mix in. Place in the freezer for one hour, then scrape the frozen mix off the edges with a spatula. Repeat once or twice, until ice cream is set. Store, covered, in the freezer.

