

# Key Lime and Avocado Ice Cream

Chef Luis Amado

**YIELD:** 2 quarts.

QUANTITY	INGREDIENT	METHOD
3 lb	Hass Avocado pulp (perfectly ripen)	1) Process avocados to a smooth consistency.
1/3 cup	Freshly squeezed key Lime Juice	2) Stir in the lime juice and about two-thirds of the simple syrup. Strain the mixture to remove any stringy fibers from the avocado. Stir in the half-and half and the milk.
1 1/2 cups	Simple syrup approximately	
1 cup	Half-and-half	
2 cups	Whole milk	3) Adjust the sweetness by adding the remaining simple syrup as needed. 4) Process in an ice cream freezer following the manufacturer's instructions. 5) Store, covered, in the freezer. 6) Pair with your favorite roasted fruit and Pistachio Florentine Wafer