

Miele

Dulce de leche ice cream with hazelnut praline

By Miele

10 minutes, plus cooling and freezing time

Preparation time

4 hours

Cooking time

10

Serves



INGREDIENTS

Dulce de leche

1 x 395 g sweetened condensed milk

Crème anglaise ice cream

1 egg

2 egg yolks

110 g (½ cup) caster sugar

2 tsp vanilla bean paste or extract

300 ml cream

250 ml (1 cup) full cream milk

Hazelnut praline

220 g (1 cup) caster sugar

2 tbsp water

80 g roasted hazelnuts, roughly chopped

METHOD

Dulce de leche

1. Place the sealed tin of sweetened condensed milk in a perforated steam container. Place in the steam oven and Steam at 100°C for 3 hours.
2. Remove from the steam oven and allow to cool before mixing through the ice cream.

Crème anglaise ice cream

1. Combine the egg, egg yolks, sugar and vanilla in a bowl, mix well. Whisk in the cream and milk. Place into an unperforated steam container, cover and place into the steam oven. Steam at 80°C for 1 hour, or until the mixture thickens.
2. Remove the custard from the steam oven, rest for 5 minutes and whisk until smooth. Refrigerate to cool.
3. Churn the mixture in an ice cream machine according to its instructions. Alternatively, freeze in a shallow container, stirring often to break up the crystals. Freeze for at least 2 hours before mixing with the dulce de leche.

Hazelnut praline

1. Line a baking tray with baking paper. Set aside.
2. In a small saucepan combine the sugar and water. Bring to the boil on high heat, induction setting 8. Turn down to medium heat, induction setting 6 and cook without stirring until it starts to caramelize.
3. Remove the saucepan from the heat and when it becomes a medium golden colour, add the hazelnuts. Pour immediately onto the lined baking tray and spread out quickly. Leave to cool completely.
4. Use a mortar and pestle or food processor to crush the praline to a crumble consistency or break into large chunks.

Dulce de leche ice cream

1. Gently combine the dulce de leche and the vanilla ice cream in a large bowl. Place back into a container and freeze until firm.
2. Serve with broken pieces of the hazelnut praline.

Hints and tips

- Dulce de leche is traditionally made by stirring milk and sugar on the stove for hours. This method using steam technology gives you perfect results, without all the hard work.
- Cooking the anglaise at 80°C prevents the egg from curdling. Use this recipe to make pouring custard for your favourite desserts.