

## Nectarine Cardamom Ice Cream

Total time: 15 minutes plus 1 hour 30 minutes standing and freezing

Serves: 8

Note: Making ices does not require an ice cream maker. Place the mixture in a bowl in the freezer and stir occasionally until the mixture is the consistency of soft serve. Allow to freeze. If frozen overnight ice may develop so allow it to warm slightly before serving.

2 pounds nectarines pitted and chopped

3/4 C. sugar

1 T. whole cardamom pods

1/2 C. whole milk

1/2 C. whipping cream

1/2 t. salt

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1. You should have about 4 cups of fruit. Place this in a bowl with the sugar and set aside for 30 minutes. Stir occasionally.

2. Lightly crush the cardamom pods with a rolling pin--just enough to expose the black seeds inside. Combine the cardamom with the milk, cream, and salt in a small saucepan and bring to a simmer over medium heat about 5 minutes. As soon as bubbles appear around the rim remove from heat and cover. Set aside for 30 minutes to steep.

3. Drain the spices from the milk and discard. Puree the fruit and milk in a blender about 2 minutes until smooth--bits of peel will be visible. The mixture will be slightly thicker than a milkshake. Finish with option A or B below.

A. Pour the blended fruit into a bowl and freeze for 1-2 hours stirring occasionally.

B. If you are using an ice cream maker. Pour the blended fruit into a bowl and chill about 30 minutes. When chilled follow the instructions for the ice cream maker. When the ice is the texture of soft serve transfer it to the freezer to harden.