

Fig Ice Cream



Serves	6
Prep time	4 hours, 30 minutes
Allergy / Intolerance	Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - High Chemical , Salicylates & Amines
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Freezable , Ice Cream Maker , Pre-preparable , Serve Cold

Ingredients

- 700g fresh figs
- 1/3 cup water
- 1/4 cup sugar
- 1/4 teaspoon tartaric acid
- 50ml cream
- 150ml full cream milk

Directions

1. Wash the figs and remove the stem end. Cut each fig into eight pieces.
2. Place the figs into a medium saucepan with the water. Cover and cook over medium heat, stirring occasionally until the figs are tender, about 10 minutes.
3. Add the sugar and tartaric acid to the figs and cook until it reaches a thick, jam-like consistency, about 20 minutes. Remove from the heat and allow to cool to room temperature.
4. Once the figs are cool, blend them together with the cream and milk. Place in the fridge and allow to cool for about 2 hours.
5. Pour into the ice cream maker and churn as per the manufacturer's instructions.
6. Transfer to a container and place in the freezer until ready to serve.



Note

High Salicylates and Amines, Low Glutamates

You can use 200 ml cream and no milk.

We are using figs as our [next step of food re-introduction](#).