

Green Tea Ice Cream

Ingredients

4		egg yolks
1 2/3	C	heavy cream
3/4	C	granulated sugar
1/3	C+1T	strongly brewed green tea, cooled (either matcha or any unflavored green tea)
2	t	Shoyu (soy sauce)

To prepare:

1. Beat egg yolks in a small mixing bowl. Add soy sauce and sugar.
2. In a pan over low heat, scald the cream. Remove from heat and stir in cooled tea. Let cool completely.
3. Gradually add egg mixture to the pan and cook over very low heat. Stir constantly until the mixture thickens. Gradual mixture, low heat, and stirring constantly are critical as they prevent the eggs from cooking into clumps.
4. After sieving (or blending) the mixture, transfer it to a plastic container. Cover the container and put it in the freezer until partially frozen.
5. Break up the crystals by stirring the mixture a few times during freezing for a smoother consistency. The ice cream should be served soft.

Serves 4.

[Source: <http://kikkoman.com/cookbook8.html>]