

Hemp-CBD Olive Oil Ice Cream by Anna Posey, Chef-Owner of Elske

Ingredients

- 1000 g whole milk
- 150 g heavy cream
- 160 g sweetened condensed milk
- 80 g glucose syrup
- 50 g non-fat milk powder
- 150 g granulated sugar, divided in two
- 6 g kosher salt
- 180 g egg yolks
- 30 g hemp infused olive oil
- 30 g cannabis infused olive oil
- 120 g Pot d’Huile CBD olive oil

Steps

1. Place the milk, cream, sweetened condensed milk, and glucose in a pot
2. Meanwhile, in a bowl, whisk together the milk powder, half of the sugar, and salt
3. Whisk these dry ingredients into the pot, bring to a rolling simmer, stirring with a spatula frequently. Once this comes to a simmer turn off the heat
4. In another bowl, place the egg yolks and the remaining sugar and whisk together
5. Using a large ladle, pour small amounts of the hot milk into the egg yolk mixture, whisking quickly to combine. Repeat this process until the egg yolks are the same temperature as the milk in the pot (I usually just use my hand to feel for this temperature by feeling the heat of the pot or bowl). Once this temperature has been reached, whisk the egg yolk mix into the pot.
6. On medium to medium-low heat, continue cooking the ice cream base. Using a clean spatula, stir constantly until the base reaches 180-182 degrees F.
7. Strain, and chill the base in an ice bath
8. Once completely cool, churn in a batch freezer according to the manufacturer’s instructions.
9. Let the ice cream freeze for 1-2 hours before mixing in the mints (listed below)

Butter Mints (topping for Ice Cream)

Ingredients

- 55 g butter, room temperature
- 2 g kosher salt
- 105 g sweetened condensed milk
- 335 g powdered sugar
- Peppermint extract, to taste

Steps

1. In a mixer set with a paddle attachment, cream the butter on medium speed for 1 minute
2. Add the salt, sweetened condensed milk, powdered sugar, and extract. Mix for 1 more minute until combined. Mix until smooth
3. Place the mint mixture underneath a sheet of plastic wrap to prevent it from drying out
4. Grab approximately two tablespoons of the mixture, roll into a long, thin log. It should be about the thickness of a pen (or whatever height you would like the final mints to be)
5. Cut the mint logs vertically, creating square shaped mints
6. Dry at room temperature for two days, or overnight in a low dehydrator
7. Store at room temperature in an airtight plastic container
8. To mix into the ice cream: crush the mints a bit. Freeze before adding to the ice cream. Once frozen, gently and quickly fold into the ice cream base. Freeze overnight.