



Profiteroles with Lilac-Vanilla Lemon Curd Ripple Ice Cream

{ gluten-free, refined sugar free, dairy-free ice cream }

Makes 26 2" puffs.

MAKE IN ADVANCE:

- Lemon Curd can be made and stored refrigerated in airtight container up to a week.
- Choux Puffs can be frozen after cooling completely, in an airtight zip top bag. To use, heat it up in 350f oven until warm ~15 minutes.
- Ice Cream can be stored frozen in an airtight container for a month or two.

INGREDIENTS

For the Gluten Free Choux Puffs:

See my recipe [here](#) with detailed images (makes 26 x 2" puffs).

For the Lemon Curd (makes 1 1/3 cup):

1 large egg

1 large egg yolk

3 tbsp honey (can substitute with pure maple syrup)

Zest of 1 lemon

1/4 C (60ml) fresh lemon juice, from about 2-3 lemons



3 tbsp organic ghee or coconut oil or butter

Pinch of sea salt

For the Lilac-Vanilla Lemon Curd Ripple Ice Cream:

Adapted from [Dairy-Free Ice Cream](#) cookbook; makes 1-1.5 Quarts.

1 (13.5 oz) can full-fat coconut milk

2 C lilac blooms, plucked from 2-3 heads (optional can be omitted if not in season)

1/2 C (about 8) soft, pitted Medjool dates

1 1/2 C unsweetened almond milk

2 tsp vanilla bean paste or pure vanilla extract

1 tbsp organic gelatin powder as a thickener (optional)

1/4 C boiling water to dissolve gelatin (optional)

METHOD

For the Lemon Curd: Whisk the egg, egg yolk, honey, lemon zest and juice and salt in a heatproof bowl. Set it over a double boiler (small pot with an inch of simmering water not touching the bottom of your bowl) and whisk in the ghee (or coconut oil or butter) a tablespoon at a time until melted. Increase the heat to low and keep cooking all the while whisking until thickened and tiny bubbles surface (reaches temperature of 170f), about 5 minutes. Strain through fine-mesh sieve and allow to cool. Keep chilled in the fridge in a closed container up to a week or until ready to use.



For the Lilac-Vanilla Lemon Curd Ripple Ice Cream:

Place the coconut milk and lilac blooms in a small pot and bring it to a simmer. Keep it simmering for 5 minutes then turn off heat and steep for 15 minutes. (Skip this if not infusing with lilac)

Meanwhile, if you are using gelatin powder to thicken, slowly stir the gelatin powder into 1/4 cup boiling water until dissolved. Don't worry too much if some small lumps remain, it will be blended into the mixture. Omit the gelatin or try using agar agar instead to keep the ice cream vegan.

After steeping, strain out the lilac blooms and discard.

Pour the lilac-infused coconut milk into a blender with the Medjool dates and blend until smooth.

Add the almond milk, vanilla bean paste (or extract), the prepared gelatin mixture and blend again until smooth. Pour the mixture into a container and freeze for 1 hour or chill in fridge until cold.

Pour into ice cream maker and churn according to manufacturer's instructions. Based on the size of my machine, I did this in two batches.

Put a layer of churned ice cream (half of it) on the bottom of your freezer-safe container. Dollop spoonfuls of lemon curd all over (how much you like) and swish it around a bit. Layer on the remaining churned ice cream and finish with more dollops of lemon curd. (I had a bit of leftover lemon curd which we love eating with yogurt, overnight oats or other things - so delish!)

Freeze further for firmer scoops.

For Profiterole assembly:

Using a serrated knife, cut a choux puff cross-wise about 1/3 of the way down. Scoop the Lilac-Vanilla Lemon Curd ice cream into the puff and cover again with the lid. Eat. Enjoy. Repeat!