

Frosted Fusions

Keep Cool & Fuse The Flavours

Plum & Cardamom Ice Cream Recipe Card

Deep, jammy plums meet fragrant cardamom for a luxurious ice cream that tastes like autumn in a bowl.

Ingredients:





- 500g ripe plums, stoned and chopped
- 120g caster sugar
- 1 tbsp water
- ½ tsp ground cardamom (or seeds from 3–4 pods, crushed)
- 300ml double cream
- 200ml whole milk
- 3 egg yolks



Method:

1. Simmer plums, sugar & water until soft and caramelised (10–15 mins). Blitz into a purée.
2. Heat milk & cream gently. Whisk yolks in a bowl, then slowly add the warm mix, whisking. Return to pan and cook until it coats the spoon.
3. Stir in cardamom & plum purée. Chill fully, then churn in an ice cream maker or freeze, stirring every hour until set.

Tips & Notes:

-  Caramelize plums well for deeper flavour.
-  Fold in roasted plum chunks for texture.
-  A drizzle of honey or toasted almonds elevates it.
-  No churn? Freeze the mix, whisking every 30 mins until smooth.

