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## **No Churn Vanilla Ice Cream with Pineapple Bits**



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Creamy, tangy, and decadent vanilla ice cream, with ribbons of caramelized pineapple bits throughout and a hint of tanginess from my secret ingredient, sour cream. It's a perfect balance of sweet, rich, and slightly tangy ice cream with little bites of fresh fruit for a delicious and bright burst of flavor.

**BY ERICA GAMBOA**

### **Seasonal Fruits Are the Perfect Ingredient**

Seasonal fruits are the perfect ingredient to take any recipe to the next level, but imagine it in ice cream!

It's absolutely dreamy. Use this recipe as a base for your own flavor combinations; have lots of fun with it. Double up on the recipe and let everyone create their own flavors. Get creative! Turn it into a fun family night where the star is ice cream. I'm falling in love with ice cream already; I might just turn into an ice cream lover after all! Happy eating, from my kitchen to yours.

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## No Churn Vanilla Ice Cream with Pineapple Bits

**Servings:** 8 | **Difficulty:** Easy

**ACTIVE TIME:** 30 minutes + **CHILL TIME:** 6 hours or over night = **TOTAL TIME:** 6 hrs. 30 minutes

### Kitchen tools you will need:

- Whisk, electric hand-held beater, or stand mixer
- Shallow plastic container with a lid or metal loaf pan
- Plastic wrap and parchment paper
- Ice cream scooper
- Large mixing bowl; metal bowls work best.

## Ingredients

- 1 whole fresh pineapple. Cut the pineapple in half, vertically. Peel, core, and chop into small pieces.
- 1/4 cup sugar
- 1 can sweetened condensed milk
- 2 tsp. vanilla extract
- 1/2 cups of Jocoque or sour cream of choice.
- 2 cups heavy cream

## Directions

- 1 Place the mixing bowl and plastic or metal container (used to store the ice cream) in the freezer to chill.
- 2 In a medium sauté pan, add half of the pineapple and sugar and sauté over low heat until the sugar is dissolved, the liquid has completely evaporated, and the pineapple is reduced and thickened into a paste consistency. This should take about 20 minutes; stir occasionally and make sure it does not burn. Remove from heat, set aside, and cool completely either at room temperature or, to speed things up, place the pineapple bits in the freezer to blast chill.
- 3 Take the mixing bowl out of the freezer, add the heavy cream and Jocoque (sour cream) of choice, and beat on medium high to start, increasing speed to high for about 3 minutes. The mixture should start to fluff and increase in volume.

- 4 Turn off the beater and add vanilla and sweetened condensed milk. Beat on medium until well combined, increasing to high speed, and beat for about 3 to 5 minutes. You want soft peaks and a little firmness.
- 5 Take the pineapple bits out of the freezer and add them to the mixture.
- 6 On low speed, mix the fruit into the mixture until well combined.
- 7 Take the metal loaf pan or plastic container out of the freezer.
- 8 Pour the mixture into one loaf pan or use two if needed.
- 9 Top with the reserved fresh pineapple bits if desired.
- 10 Place plastic wrap over the pan, making sure the plastic wrap makes contact with the ice cream mixture to insure there is no freezer burn.
- 11 For added protection, follow with a piece of parchment paper and plastic wrap to ensure there is no freezer burn.
- 12 Place the pan in the freezer and chill for 4 to 6 hours or overnight for best results.
- 13 Scoop into a shallow bowl, ice cream cup, or glass and enjoy immediately.

\*Store any left-over ice cream back in the freezer tightly sealed and covered with plastic wrap or lid to avoid freezer burn.

## **Tips & Substitutions:**

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### **Fresh Peaches**

Fresh peaches are in season for the summer, and I can't think of a better addition to make to this already delicious ice cream base. Simply peel and dice the peaches and add them to a sauce pan with just a sprinkle of brown sugar. If you have a very ripe and sweet peach, you should leave the sugar out. The natural sugars from the peaches will be enough to caramelize the peaches.

### **Bananas**

You can also use this technique with bananas! Bananas caramelize beautifully, and they are a perfect match with brown sugar. They also give the ice cream an extra creaminess that is so delicious in this ice cream.

### **Intensify Flavor**

Breaking down fruits or berries in a pan with a little sugar for added sweetness is a great way to intensify their flavor and add a burst of fruit flavor to this ice cream base. Other fruits, such as mangoes and assorted berries, would be an amazing addition as well. Use what's in season, and the fruit will do all the work for you.

# Nutrition

| <b>Nutrition Facts</b>          |            |
|---------------------------------|------------|
| Servings: 8                     |            |
| Amount per serving              |            |
| <b>Calories</b>                 | <b>450</b> |
| % Daily Value*                  |            |
| <b>Total Fat</b> 19.9g          | <b>26%</b> |
| Saturated Fat 12.5g             | <b>62%</b> |
| <b>Cholesterol</b> 70mg         | <b>23%</b> |
| <b>Sodium</b> 117mg             | <b>5%</b>  |
| <b>Total Carbohydrate</b> 64.2g | <b>23%</b> |
| Dietary Fiber 1.3g              | <b>4%</b>  |
| Total Sugars 59.1g              |            |
| <b>Protein</b> 7.6g             |            |
| Vitamin D 16mcg                 | <b>78%</b> |
| Calcium 251mg                   | <b>19%</b> |
| Iron 1mg                        | <b>3%</b>  |
| Potassium 293mg                 | <b>6%</b>  |

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

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