

Ube ice cream

Ube – commonly known as *purple yam* – is often used in Southeast Asia for scrumptious desserts and cold dessert-drinks. Ube can be hard to find in the US, but ube extract makes an excellent substitute, and it's available on Amazon. Here's an easy recipe for ube ice cream (without an ice cream maker):

Ingredients

2 cups heavy whipping cream
1 can (14 oz) sweetened condensed milk
1 tsp ube flavoring extract

Instructions

1. In a large bowl, mix together the sweetened condensed milk and extract. Mix well and set aside.
2. In a separate bowl, whip the chilled heavy whipping cream until stiff peaks form (think Reddi-Whip canned whipping cream – same texture as that).
3. Put a cup or so of the whipped cream into the sweetened condensed milk mixture. Gently fold it in until the mixture turns lavender in color.
4. Fold in the rest of the whipped cream until completely combined. When it looks like soft serve ice cream, you're done!
5. Pour the mixture into a 10" loaf pan (or some other freezer safe container), spreading it evenly.
6. Cover it with plastic wrap. Be sure to press the plastic wrap onto the ice cream so that no ice forms on top of it.
7. In the freezer it goes overnight!
8. Enjoy! 😊