

Choco Fever Dream

Orange Creamsicle Ice Cream Recipe

20 min Prep time	**10 min** Cook time	**30 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 1 tablespoon vanilla extract or 1 vanilla bean, split
- [ ] 1/2 cup fresh orange juice
- [ ] 2 teaspoons orange zest
- [ ] 1 tablespoon lemon juice

Optional Custard

- [ ] 3 egg yolks

Instructions

1. In a saucepan, combine cream, milk, and sugar; heat gently, stirring until the sugar dissolves.
2. Add the vanilla (seeds and pod) and orange zest; let the mixture simmer for a minute to release aroma.
3. If using egg yolks, whisk them in a bowl, then temper by slowly adding a ladle of the hot mixture while whisking continuously. Return the tempered yolks to the saucepan and cook, stirring, until the custard coats the back of a spoon.
4. Remove from heat, stir in orange juice, lemon juice, and a pinch of salt. Chill the mixture in the refrigerator for at least 2 hours.
5. Pour the chilled base into an ice-cream maker and churn according to the manufacturer's instructions, usually 20-25 minutes.
6. Transfer the soft ice cream to a freezer-safe container, smooth the top, and freeze for at least 2 hours before serving.

Nutrition per serving

260 kcal	4 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the ice cream becomes too hard, let it sit at room temperature for 5-10 minutes before scooping.
- Adjust the amount of orange juice to taste; some oranges are sweeter than others.
- For a richer flavor, add a splash of orange liqueur (optional, omit for family-friendly version).