



Globally Inspired Flavor Solutions®

With rich black garlic ice cream, this gourmet dessert is accented with toasted brownie crumbs and dark chocolate ganache.

Black Garlic Ice Cream Sundae

Yield: 6 servings

INGREDIENTS	MEASUREMENTS	NUTRITION FACTS (Per Serving)
3.25% whole milk	2 cups	Calories 700
35% heavy cream, divided	1 2/3 cups	Fat 52g
Egg yolks	4	Cholesterol 240mg
Sugar	3/4 cup	Sodium 190mg
Vanilla extract	2 tsp	Carbohydrate 54g
SupHerb Farms® Black Garlic Purée	2 tbsp	Fiber 3g
Chopped unfrosted brownies	3/4 cup	Sugars 38g
Finely chopped dark chocolate (70%)	3 oz	Protein 11g
Unsalted butter, room temperature, cut into cubes	4 tsp	
Honey	1 tbsp	DIETARY STATEMENTS
Sea salt	Pinch	Vegetarian
Toasted chopped hazelnuts	3/4 cup	

PREPARATION

1. For ice cream: In small saucepan, heat milk and 1 cup cream over medium heat just until steaming. Meanwhile, in separate bowl, whisk egg yolks with sugar until pale in colour. Stir in vanilla. Gradually whisk cream mixture into egg yolk mixture. Whisk in black garlic. Return to saucepan; cook over medium heat, stirring constantly, for 7 to 10 minutes or until slightly thickened and mixture coats back of spoon. Strain and refrigerate until cooled completely. Process in ice cream maker according to manufacturer's instructions.
2. For brownie crumble: Preheat oven to 325°F. Bake brownies on parchment paper-lined baking sheet for 8 to 10 minutes or until toasted. Let cool completely. In food processor, pulse until finely ground into crumbs; let cool completely.
3. For ganache: Place chocolate, butter, honey and salt in heatproof bowl. Heat remaining cream, stirring occasionally, in small saucepan set over medium heat until steaming and just simmering. Pour over chocolate mixture in bowl. Let stand for 1 minute. Whisk until chocolate is smooth.

TO SERVE

For each serving, plate 1/2 cup ice cream with 2 tbsp brownie crumble, 3 tbsp ganache and 2 tbsp chopped hazelnuts.

TIPS

Substitute almonds or walnuts for hazelnuts.