

Low FODMAP Lactose-Free Ice Cream Recipes

IBS Friendly Gluten-Free Lactose-Free Low FODMAP

Low FODMAP lactose-free products (sour cream, milk, cheeses) are getting better all the time, but it's not easy in my corner of the Southwest to find an ice cream shop serving regional flavors with this option. Today, I'm sharing four lactose-free ice creams I'm making for the holidays: Vanilla that also serves as a base for Milk Chocolate Red Chile, Bizcochito and Margarita Cheesecake flavors.

Let's FODify It!

Low FODMAP Vanilla Ice Cream with 3 Flavor Options

The Low FODMAP Diet is not dairy-free. In fact, there is a low FODMAP serving size of 2/3 scoop (30 g) of conventional vanilla ice cream. Many people on the diet have sensitivities to even the smallest amount of lactose in dairy, which is why lactose-free ice creams are the perfect swap.

This recipe uses the cooked egg yolk custard method of ice cream making with lactose-free sour cream and lactose-free whole milk. The sour cream blends in a luscious hint of cheesecake flavor, and is the base I use for all of my LoFO ice cream flavors. The hint of tanginess is a lovely surprise every time, it's not cloyingly sweet, and sour cream contains less cholesterol than heavy cream, making for a healthier ice cream.

Please note that this recipe requires an ice cream machine.

I prefer to scoop and serve this right out of the ice cream machine while it has a smooth, soft-serve consistency. When freezing, be sure to place the ice cream out to thaw for at least 20 minutes or to desired creaminess before serving.

Makes 1 Pint: 4 servings

VANILLA INGREDIENTS

1 cup (240 g) lactose-free sour cream, such as Green Valley Creamery or Lactaid brands

1 cup (240 ml) lactose-free whole milk, such as Lactaid brand

1/3 cup (67 g) sugar

4 large egg yolks

1 tsp vanilla extract (essence)

2 cups ice for the ice bath

METHOD

In a medium saucepan, whisk the sour cream, milk and sugar over medium high heat. When it comes to a low boil, whisk for 30 seconds and remove from heat.

Using a fork, beat the egg yolks in a small bowl. Slowly drizzle in 1/3 cup (80 ml) of the hot mixture, whisking constantly. This tempers the eggs so they won't scramble when you add them to the hot mixture. Pour the warm yolks slowly into the pan, whisking as you go.

Place the pan over medium heat. Add the vanilla and whisk for 3 to 4 minutes until thickened to a creamy gravy consistency.

Pour the custard through a fine mesh sieve into a medium mixing bowl. Discard the solids. Place the ice cubes in a larger mixing bowl. Place the smaller bowl over the ice to cool the custard for 10 minutes, stirring often.

Cover the bowl with plastic wrap and chill the custard in the fridge for 30 minutes.

Prepare your ice cream machine according to the manual directions. Pour in the custard and churn until the ice cream reaches a slightly firm, soft-serve consistency. If some of the ice cream is frozen to the bottom of the container, let it sit out for 5 minutes and it should easily scoop using a rubber spatula.

Fill 4 bowls with 2 scoops each and serve immediately.

To freeze, scoop the ice cream into a freezer safe container with a lid. It will keep up to 10 days, after which it may become icy.

3 FLAVOR OPTIONS:

Milk Chocolate Red Chile Ice Cream

A small amount of cocoa powder creates a milk chocolate flavor. Then, the pure mild red chile powder layers in an earthy fruitiness. Some mild chile powders offer the slightest hint of heat that touches the back of your throat in the most delicious way.

1 Tblsp Dutch-processed cocoa powder, 70% cocoa minimum, such as Hershey's, Bensedorp or Valrhona brands

2 tsps pure mild red chile powder, containing no garlic or onion powder – the label should simply read "red chiles"

Cook the vanilla custard base as directed. Whisk in the cocoa and chile powder when you add the vanilla. Whisk vigorously until smooth and thickened, then proceed with the remaining steps.

Bizcochito Ice Cream

All the flavors of a favorite holiday cookie in a scoop of ice cream!

Zest of 1 large orange, reserving 3/4 teaspoon for garnish
1 1/2 tps ground anise seeds
3/4 tsp ground cinnamon
1/16 tsp ground cloves

Cook the vanilla custard as directed, adding the orange zest in with the first step of cooking the sour cream, milk and sugar. This will allow the flavor and oils of the zest to better infuse.

Whisk in the spices when you add the vanilla. Whisk vigorously until smooth and thickened, then proceed with the remaining steps.

By adding the spices later, their flavors do not cook out.

Garnish each scoop with a pinch of orange zest.

Margarita Cheesecake Ice Cream

Creamy sweet with citrus and a touch of margarita salt. The sour cream vanilla base creates the most divine hint of cheesecake.

Zest of 2 large oranges, reserving 1/2 tsp for garnish
Zest of 2 limes. reserving 1/2 tsp for garnish
coarse margarita salt

Cook the vanilla custard as directed, adding the orange and lime zest in with the first step of cooking the sour cream, milk and sugar. Proceed with the remaining steps.

Top each scoop with a tiny pinch of margarita salt, a pinch of orange and lime zest, and serve immediately.



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