

Chai Ice Cream

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-black-tea-eggs-recipe>

Ingredients:

- 1 star anise star
- 10 whole cloves
- 10 whole allspice
- 2 cinnamon sticks
- 10 whole white peppercorns
- 2 cardamom pods opened to seeds
- 1/4 cup black tea full-bodied, Ceylon or English Breakfast
- 1 cup milk
- 2 cups heavy cream divided, 1 cup and 1 cup
- 3/4 cup sugar
- 1 pinch salt
- 6 egg yolks see how to separate eggs

Nutrition:

1. Calories: 790 calories
2. Carbohydrate: 52 grams
3. Cholesterol: 520 milligrams
4. Fat: 63 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 37 grams
8. Sodium: 190 milligrams
9. Sugar: 42 grams

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