

## **Japanese Food Made Easy by Aya Nishimura**

'Desserts and Drinks'

Matcha Ice-Cream Sandwich (p. 190)

Makes: 6

Preparation: 15 minutes, plus 4–6 hours freezing

Cooking: 20 minutes

This refreshing, subtly bitter green tea ice cream would be perfect for the end of any Japanese meal. If you're using an ice-cream maker and the bowl needs to be chilled, you can prepare this a day in advance.

6 organic egg yolks

280 ml (9 1/2 fl oz) thick (double) cream

2 1/4 cups (560 ml) full-cream (whole) milk

2/3 cup (150 g) caster (superfine) sugar

1 vanilla pod, split lengthways and scraped to remove the seeds

2 tablespoons matcha powder (green tea powder)

12 digestive biscuits

Mix the egg yolks and sugar in a large bowl.

Combine the cream, milk, vanilla seeds and vanilla pod in a saucepan. Cook over medium–low heat until just below boiling point. Remove from the heat. Pour just one ladleful of the liquid into the egg mixture, mix well and then add the rest of the milk. Mix completely to dissolve the sugar.

Rinse the saucepan and pour the egg and milk mixture back into the pan. Cook over medium–low heat, stirring constantly, until the custard is thick enough to coat the back of a spoon.

Remove the vanilla pod and scrape the custard into a bowl. Sift the matcha powder over the custard and carefully stir to remove all of the lumps. Cover with plastic wrap until cooled.

Pour the cooled custard into an ice-cream maker and churn according to the machine's instructions. Alternatively, pour the custard into a container to freeze for 2–3 hours. Whisk the custard, then return to the freezer and repeat this process for the next 2–3 hours, until frozen.

To serve, scoop about 90 g (3 1/4 oz) of the ice cream and sandwich it between two digestive biscuits. You can freeze the sandwiches again to serve later if you wish.

**Japanese Food Made Easy by Aya Nishimura (£14.99, Murdoch Books). Photography by Lisa Linder.**