



Saffron and pistachio icecream

Icecream is believed to be one of the most time-consuming desserts ever - this recipe serves as proof that it doesn't have to be. In Iran, saffron pistachio icecream is usually served sandwiched between two thin crackers.

serves 6-8

preparation 15 minutes

3-5 hours to freeze

Ingredients

300ml (3 1/4 cups) heavy cream

30g (1/4 cup) chopped or slivered pistachios

15ml (1 tbsp) saffron infusion

250g (1 cup) cream cheese

4 egg yolks

300g (1 1/2 cups) caster sugar

The best way to get the most flavour and colour out of saffron is to steep it. To do this, grind a teaspoonful of saffron pistils to a fine powder using a mortar and pestle, adding 15ml (1 tsp) of boiling water and leaving to soak for 5 to 10 minutes. You can store saffron infusion in a small jar for up to two days in the fridge, after which it starts losing its vibrant colour. It also freezes well.

Set 60ml (4 tbsp) of cream and the pistachios aside for later.

Place all the other ingredients into a bowl and using an electric mixer, mix for 10 minutes, or until thick and creamy.

Add the pistachios and combine, then pour the mixture into a rectangular tupperware and freeze for 3-5 hours.

To have some crunchy bits of cream, cover the bottom of a rectangular dish with a sandwich bag. Pour the remaining cream you set aside earlier on the sandwich bag making sure the cream covers the surface of the bag consistently.

Freeze until completely solid, then break into pieces to scatter over the icecream when serving.