



# Macadamia Ice Cream & Brittle

## Featuring Hawaiian Macadamia Oil

Recipe provided by Chef Carol Wallack

### ICE CREAM

- 6 egg yolks
- 2 cups whole milk
- 1 cup heavy cream
- 1/2 cup sugar
- 1/2 cup. Maiden Hawaii Naturals Hawaiian Macadamia oil
- 1/4 cup honey
- 1/2 tsp salt
- 1/2 tsp vanilla extract

Heat the milk, cream, 1/4 cup of the sugar, salt and the honey in a sauce pan. In a separate bowl, combine egg yolks and the remaining 1/4 cup of sugar. Once milk mixture is hot, ladle a small amount into the egg mixture and whisk it in to incorporate so the eggs don't cook. Add some more to continue to temper the eggs. Then return the egg mixture to the sauce pan with the rest of cream mixture and turn flame down to low. Continue to stir until it gets thicker and coats the back of a spoon.

Remove from heat and add the macadamia nut oil and the vanilla. Strain and cool over night in the refrigerator.

Make the brittle and set aside to cool (*see recipe next page*). Once cooled, chop it up into small bite size pieces to be added to the ice cream.

Place a bowl in the refrigerator to be used for folding in the brittle.

Give the base mix a good stir, as the oil may have separated a little bit. Spin the ice cream according to manufacturers instructions. It should take 20-25 minutes. The ice cream will be thickened and moving from the sides of the bowl.

Put chopped brittle into the chilled bowl. Add the ice cream as it's finished in the ice cream maker and fold in the brittle.

Put into a freezer safe container to freeze for at least 4 hours before serving.



**CONTINUED on next page**



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CONTINUED from previous page

### MACADAMIA NUT BRITTLE

- 1/2 cup granulated sugar
- 1/4 cup hot water
- 1/4 cup light corn syrup
- 3/4 cup roasted macadamia nuts
- 1 tbsp butter, at room temperature
- 1/2 tsp salt
- 1/4 tsp baking soda
- 1/4 tsp vanilla extract

Line a half sheet pan with a silpat (nonstick silicone baking mat).

In a 3 quart heavy saucepan over medium heat, dissolve sugar, water and corn syrup. Stir in macadamias with a wooden spoon and stir over heat until a light caramel forms, approximately 4 minutes.

Meanwhile, put butter, salt vanilla and baking soda in a bowl. When the syrup reaches the light caramel stage, pour the contents of the bowl into the pot. Remove from the heat and stir. The baking soda will darken the caramel. Spread the caramel on a silpat. Let it harden and cool. Once it does, cut into chunks for the ice cream. Set aside.



Carol Wallack was the owner and executive chef of Sola restaurant in Chicago, garnering awards as one of Chicago's best new restaurants (2007) and best chefs (2009) among many other culinary industry accolades. Her cuisine at Sola featured Hawaiian flavors and traditions with midwestern sensibility, expressing her love of the Hawaiian islands. Now retired on Maui, she enjoys creating ice cream flavors (a passion she discovered at Sola), making cookies, an occasional catering job, enjoying beach life and raising her pup, Edie. She also serves on the Board of Maui Huliau Foundation.

Learn more at [MaidenHawaiiNaturals.com](http://MaidenHawaiiNaturals.com)  
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