



# CUCUMBER ICE CREAM

*This recipe provided by: Chef Michelle Strom of MRS Gourmet Chef  
www.mrsgourmetchef.com  
Cooking Demonstration– June 14, 2014*

## INGREDIENTS

- 3½ cups sweetened condensed milk
- 3 cups evaporated milk
- 2 cups heavy cream
- 6 cucumbers, ends trimmed
- Salt, to taste (approximately 1 tablespoon)

## DIRECTIONS

1. Pass the cucumbers through a juicer and discard the solids. Strain the juice through a fine strainer into a bowl. Measure one scant cup of the juice and set aside the rest for another use.
2. In a large bowl, combine the sweetened condensed milk, evaporated milk, heavy cream, cucumber juice and salt. Chill in the refrigerator for at least 2 hours to allow the flavors to meld.
3. Chill the bowl of your ice cream maker. Pour the cucumber mixture into the bowl and follow the manufacturer's instructions to churn the base into a soft-serve ice cream consistency, about 30 minutes.
4. Using a rubber spatula, transfer the ice cream to an airtight container. Cover and freeze until the ice cream is firm, 2 to 3 hours, then serve.

See [The Farmers Market Shopping List](#) on reverse.



The Farmers Market Farm-to-Table Chef Series - Season 8  
Holly Springs • North Carolina



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## SHOPPING LIST

*Please visit the vendors at [The Farmers Market](#) who offer items for today's cooking demonstration:*

Cucumbers

### *Other Ingredients Needed:*

- Sweetened condensed milk
- Evaporated milk
- Heavy cream
- Salt



[www.HSFarmersMarket.com](http://www.HSFarmersMarket.com)



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