

## *Apricot Ice Cream*

Author: *The Perfect Scoop* by David Lebovitz

**Carolyn T's  
Cookbook**

Servings: 5



*1 pound apricots, fresh, very ripe*  
*1/3 cup water*  
*1/2 cup sugar*  
*1 cup heavy cream*  
*3 drops almond extract*  
*1/2 teaspoon lemon juice*

Categories: Desserts

**Carolyn T's Blog:**

**<http://tastingspoons.blogspot.com>**

*Per Serving (excluding unknown items): 282 Calories;*  
*18g Fat (55.1% calories from fat); 2g Protein; 31g*  
*Carbohydrate; 2g Dietary Fiber; 65mg Cholesterol;*  
*19mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat*  
*Milk; 3 1/2 Fat; 1 1/2 Other Carbohydrates.*

Description: Full of apricot flavor. The riper the apricots the better.

**Preparation Time: 15 minutes**

Start to Finish Time: 4 hours

1. Slice open the apricots, remove pits and any brown spots or stems, then cut each apricot into sixths. Cook the apricot pieces in water in a covered, medium, nonreactive saucepan over medium heat until tender, about 8 minutes, stirring occasionally. Remove from heat and stir in sugar until dissolved. Let cool to room temperature.
2. Once cool, puree the apricots and liquid in a blender or food processor until smooth. Taste a big spoonful; if there are any small fibers, press the mixture through a mesh strainer to remove them. Stir in the cream, almond extract and lemon juice.
3. Chill mixture thoroughly in refrigerator, then freeze per manufacturer's directions.