

The Best 6-Ingredient Passion Fruit Ice Cream for Your Next Summer Party

Homemade Passion Fruit Ice Cream: A Tropical Escape in Every Scoop



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25 min

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INGREDIENTS

2 cups Heavy Cream: This provides the essential fat content for a creamy mouthfeel.

1 cup Whole Milk: To balance the richness of the cream.

1 cup Granulated Sugar: Essential for sweetness and for keeping the ice cream soft.

1 cup Passion Fruit Pulp: You can use fresh pulp or high-quality frozen pulp (just ensure it's 100% fruit).

1 teaspoon Vanilla Extract: A little hint of vanilla rounds out the floral notes of the fruit.

Pinch of Salt: Don't skip this! It enhances all the other flavors.

DIRECTIONS

- 1. Prep the : Base:** Grab a large mixing bowl. Combine the heavy cream, whole milk, and granulated sugar. Whisk it all together vigorously until you can no longer feel the grit of the sugar at the bottom of the bowl. This is the foundation of your ice cream.
- 2. Infuse the : Flavor:** Next, stir in the luscious passion fruit pulp, the vanilla extract, and that vital pinch of salt. Give it a good mix to ensure the pulp is evenly distributed throughout the cream.
- 3. Churn : Time:** Pour the creamy mixture into your ice cream maker. Churn it according to the manufacturer's instructions. Usually, this takes about 15-25 minutes. You are looking for a "soft-serve" consistency.
- 4. The : Deep Freeze:** Once it's finished churning, transfer the ice cream to an airtight container. Pop it in the freezer for at least 4 hours. If you can wait overnight, the flavor develops even more beautifully, and the texture becomes perfectly firm.
- 5. Indulge:** When you're ready to serve, let it sit on the counter for 2-3 minutes to soften slightly. Scoop it out and enjoy every refreshing, tangy bite!

SWAPS & NOTES

of the passion fruit to really shine through without being masked by a heavy cooked base.

Whether you're serving it at a backyard BBQ or as a sophisticated palate cleanser after a heavy dinner, it never fails to impress.

Plus, the vibrant yellow-orange hue makes it look like sunshine in a scoop!

Ingredients You'll Need To get that perfect "Chefmaniac" quality, I recommend using the freshest ingredients possible.

TIPS FOR SUCCESS

Chill Your Bowl: If your ice cream maker uses a freezer bowl, make sure it has been in the freezer for at least 24 hours.

A bowl that isn't cold enough is the #1 reason ice cream fails to thicken.

Pulp Choice: If you prefer a smoother texture, you can strain the seeds out of your passion fruit pulp.

However, many people (myself included!) love the crunch and visual appeal the seeds provide.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/the-best-6-ingredient-passion-fruit-ice-cream-for-your-next-summer-party/>