



The secret to being a good cook is to use great ingredients. The secret to being a great cook is to use your ingredients with love. MH

Toasted Pistachio and Pure Maple Syrup Ice Cream

Makes 2 ½ cups

2 cups whipping cream

¼ cup maple syrup

½ cup pistachios, shelled volume

Preheat oven 325°F

Place shelled pistachios on baking sheet.

Place in oven for 5 minutes

Allow nuts to cool completely

Place in food processor and pulse until coarsely chopped or chop by hand

Following manufacturers' instructions, pour cream and maple syrup into ice cream maker

When ice cream is half done add cooled toasted nuts

Freeze until ready to serve.

THE LOVE: Shell the pistachios rather than buying them pre-done. The flavour is much better!