Persian Saffron Pistachio Ice Cream (Bastani Sonnati)



Yield: About 1.5 quarts

Ingredients

- 4 cups (1 L) whole milk
- 1 cup heavy cream
- 6 egg yolks
- 1 cup sugar
- ½ tsp ground saffron (0.4-0.5 g)
- 2 tbsp boiling water
- 2 tbsp rose water
- ½ cup slivered pistachios
- 1 cup heavy cream (optional, for traditional frozen cream pieces)

Instructions

1. **Freeze cream pieces (optional):** Spread 1 cup heavy cream in a shallow tray, freeze solid, then cut into small flakes.
2. **Bloom saffron:** Mix ground saffron with 2 tbsp boiling water and let stand 20 minutes.

3. **Make custard:** Heat milk until steaming. Whisk egg yolks and sugar until pale. Slowly whisk in hot milk, then return to low heat and stir until slightly thickened and coats the back of a spoon (about 175°F/80°C). Do not boil.
4. **Flavor:** Remove from heat and stir in 1 cup heavy cream, saffron mixture, and rose water. Cool completely and chill at least 4 hours, preferably overnight.
5. **Freeze:**
    - **With an ice cream maker:** Churn 20-30 minutes.
    - **Without a maker:** Freeze in a shallow pan and whisk vigorously every 30-45 minutes for 3-4 hours.
6. **Finish:** During the last few minutes of churning (or final mixing), add pistachios and frozen cream flakes.
7. **Final freeze:** Transfer to a container and freeze 3-4 hours until firm.