

Mint Chip Brownie Ice Cream Cake

Poetry & Pies

prep time: 25-30 minutes

steep time: 1 hour

bake time: 15-20 minutes

freeze time: 5-6 hours (or overnight)

total time: 6 hours, 50 minutes

servings: 8-12



Ingredients

for the fresh mint brownie

- ½ cup (100g) granulated sugar
- 1 handful (about 30-40 large leaves) fresh mint, rinsed and dried
- ¼ cup (34g) all-purpose flour
- ⅓ cup (27g) unsweetened [cocoa powder](#)
- ¼ teaspoon (1g) baking powder
- ¼ teaspoon (2g) sea salt
- ¼ cup (56g) unsalted butter*
- 1 large egg, room temperature
- ½ tablespoon (6g) [pure vanilla extract](#)
- ½ cup (85g) chocolate chips (or as many as your heart says you need)

for the fresh mint chip ice cream (this is a half batch—you can double it to have extra)

- ½ cup (15g) packed fresh mint leaves (about 40-60 leaves or 1 bunch)
- 1 cup (116g) heavy whipping cream, cold
- 7 ounces (199g) sweetened condensed milk**
- ½ tablespoon (6g) pure vanilla extract
- 3 ounces (85g) dark chocolate, chopped
- optional: green food coloring
- [acetate](#) (to assemble the cake)
- optional: [5 minute hot fudge](#), to serve

Instructions

prep the cream for the ice cream

1. If needed, wash the mint leaves and let dry completely. Remove leaves and discard stems. Chop the mint roughly and set aside. Heat the heavy cream in a medium saucepan over medium heat, until steaming and bubbles begin to form along the edges. Remove from heat and stir in the chopped mint leaves. Let sit 1 hour, until completely cooled. Strain out the leaves and discard. Refrigerate the cream 1 hour, until completely cooled again. Time may vary, depending on your fridge. You want the cream very cold before you use it.
2. Note: taste the cream before straining the mint. It should taste very minty, as the flavor will be diluted by the end. If it is not very minty, leave the mint in the cream while you refrigerate it, straining after very cold and minty tasting.

make the brownies

3. Preheat oven to 350. I've found 350 is good for convection *and* regular, which is weird but at least it works! Grease a 6" round cake pan with butter and flour or [baking spray](#). Line with [parchment paper](#) or a [silicone baking mat](#).
4. In a [small food processor](#) or blender, blend the sugar and mint until the mint is finely ground. You'll hit a point where it's about the size of quinoa or a bit smaller and just isn't getting any smaller, so stop then. If you keep blending, it'll create a crusty paste on the blades of your food processor/blender instead of becoming finer. Place in a large-ish [mixing bowl](#) and set aside.
5. Using a [fine mesh sieve](#) set over a small mixing bowl, sift then whisk together the flour, cocoa powder, powder, and salt. Set aside.
6. In a small saucepan, melt the butter until completely liquid. Immediately add it to the mint sugar and whisk for about a minute, until it comes together and the sugar begins to dissolve.
7. Add the eggs, one at a time, whisking for about a minute after each egg. Add the vanilla and whisk well again (half a minute should do this time).
8. Add the dry ingredients in and gently fold in with a wooden spoon or rubber spatula, until *almost* blended some streaks of flour remain.

9. Gently fold in the chocolate chips.
10. Pour into your prepared pan, smoothing the top and getting the batter *mostly* into the corners (I like to leave a ½ inch gap that will absolutely fill in during baking but prevent an overly crunchy corner).
11. Bake for 15-20 minutes, or until the top is no longer shiny/raw looking and the middle is slightly jiggly but not liquidy. You can try a toothpick, but that should actually come out with some matte-looking batter (not quite raw dough, not quite crumbly brownies). If you prefer fully cooked, non-fudgy-middle brownies, cook a little longer until a toothpick comes out with several brownie crumbs rather than a smear of almost-cooked batter.
12. Let cool completely, about 1 hour, before making the ice cream.

make the ice cream

13. When the mint cream is very cold, place the bowl of your stand mixer and the whisk attachment (or a large mixing bowl and the beaters of a handheld mixer) in the fridge for 15 minutes.
14. While the bowl chills, pour the sweetened condensed milk* in a large mixing bowl and stir in the vanilla and 1-2 drops green food coloring, if using. Stir until well mixed and just slightly darker green than you want your finished ice cream. Set aside.
15. Pour the strained, cold mint cream in the bowl and begin beating on medium until frothy. Turn speed to high and beat until stiff peaks **just** begin to form. The cream will turn matte in appearance, and this means you are done mixing, so watch carefully to catch it at the right time.
16. Fold*** ⅓ of the cream into the condensed milk, until fully combined. Repeat with another ⅓ of the whipped cream. Add the last ⅓ along with the chopped chocolate, folding until no lumps remain.

assemble the cake

17. Remove the brownie from the pan. Line the pan with a strip of [acetate](#) and tape it off so it stays flush with the very inside edge of the cake pan. Be sure it's perpendicular so your cake isn't cone shaped. Remove the parchment or silicone from the brownie and replace the brownie inside the acetate. Be sure there is at least 4" of acetate sticking

up above the brownie. If not, wiggle it up a bit so you have plenty of acetate to hold the ice cream in.

18. Spread a thin layer of the ice cream over the brownie, smoothing it so it gets into the grooves and adheres to the brownie. Spread the rest of the ice cream (or desired amount—you can reserve some for eating).
19. Freeze cake for 5-6 hours, or until the ice cream is firm to the touch. Remove from pan by pulling up the acetate. It should come out fairly easily, but if not, let it sit on the counter a few minutes. Remove the acetate strips. Allow cake to sit on the counter for 5-10 minutes before cutting and serving. Use a very sharp knife dipped in hot water to cut cake. Serve with [hot fudge](#) and whipped cream, if desired.

Enjoy!

Store leftovers in an airtight container. Ice cream should last at least a month, but this can vary depending on your freezer and how well-sealed it is.

Notes:

**European butter is best! It has less water and makes a better brownie, in my opinion.*

***If you want to skip the sweetened condensed milk, you can make a custard by whisking 1 cup (200g) sugar and 3 egg yolks in a bowl until frothy. Heat 1 cup (240g) whole milk in a medium saucepan until steaming. Temper into the eggs by very slowly streaming the milk in while whisking very, very quickly. Take breaks as needed, to avoid scrambling the eggs. Once all the milk is whisked in, add it all back to the saucepan and cook, stirring constantly with a rubber spatula and getting all the edges and corners and bottom of the pan, until thickened enough to coat the back of a spoon. It should be almost as thick but not as tacky as sweetened condensed milk. Let this cool completely then proceed with the recipe as written. It's best to pour back into the bowl the eggs were in, place a piece of plastic wrap directly touching the top of the custard, and refrigerate until cooled.*

****Optionally, you could also combine the steeped cream, cooled custard, and vanilla and use an ice cream maker, adding the chocolate whenever your machine says to add mix-ins.*