



Recipe from: [My Catholic Tradition](#)

### **Peach and Cardamom Yogurt Ice**

Cardamom, often used in Indian cooking, has a warm pungent aroma and a subtle lemon flavor.

SERVES FOUR

8 cardamom pods

6 peaches, total weight about 1 /4 lb, halved and stoned (pitted)

6 tbsp caster (superfine) sugar

1 cup natural (plain) yogurt

Put the cardamom pods on a board.

Crush the pods with the base of a ramekin. (Alternately, use the mortar and crush with a pestle.)

Chop the peaches coarsely and put them in a pan.

Add the crushed cardamom pods, with their black seeds, the sugar and 2 tbsp water.

Cover and simmer for 10 minutes, or until the fruit is tender.

Leave to cool.

Process the peach mixture in a food processor or blender until smooth.

Press through a sieve placed over a bowl.

Mix the yogurt into the sieved purée.

Pour into a freezer proof container.

Freeze for 5—6 hours, until firm, beating once or twice with a fork, electric whisk, or in a processor to break up the ice crystals.

Scoop the ice cream on to a large platter and serve.