

Fresh Strawberry Ice Cream with Balsamic Strawberry Sauce

Makes 1 Quart:

Ingredients

Fresh Strawberry Ice Cream:

1 pound ripe strawberries, hulled and quartered
1 1/2 cups sugar, divided
1 tablespoon lemon juice
1 1/2 cups heavy cream
1 1/2 cups milk
1 vanilla bean, split & scraped
4 large egg yolks

Balsamic Strawberry Sauce:

2 cups ripe strawberries, hulled and quartered
1 tablespoon honey
2 tablespoons good quality balsamic vinegar
1 teaspoon freshly cracked black pepper

Preparation

Hull and quarter berries and place in a large bowl.

Stir in 1/2 cup of sugar and the lemon juice and refrigerate berries for 2 hours.

In a heavy saucepan, combine cream, milk, and the remaining cup of sugar.

Split a vanilla bean, scrape seeds with the side of a paring knife and place all in the saucepan.

Bring just to a boil over medium heat, stirring.

In a medium bowl, beat egg yolks with a whisk until they are light and thick.

Add hot cream mixture to eggs in a slow stream, whisking.

Pour back into saucepan and cook over medium-low heat.

Stir constantly, until slightly thickened and an instant read thermometer reads 170 degrees.

Pour custard through a fine sieve into a metal bowl and then cool to room temperature.

Cover and refrigerate for at least 2 hours, or overnight.

Puree reserved strawberries in a blender.

Stir puree into chilled custard and immediately pour into bowl of ice cream maker.

Churn for 20 to 30 minutes until semi-soft; transfer to an airtight container and freeze for several hours.

Make Balsamic Strawberry Sauce: hull and quarter strawberries and place in bowl of mini food processor. Add honey, balsamic vinegar, and a few cracks of fresh black pepper. Let stand for an hour or so to allow flavor to develop.

Ladle liberally over several scoops of Fresh Strawberry Ice Cream.

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Maldon Caramel Ice Cream

Makes 1 Quart:

Ingredients

1 1/4 cups sugar, divided
2 1/4 cups heavy cream, divided
1/2 teaspoon Maldon salt, or sea salt
1/2 teaspoon pure vanilla extract
1 cup milk
3 large eggs

Preparation

In a dry 10 inch skillet, heat 1 cup sugar over medium heat.
Stir with a fork to heat sugar evenly, and when it starts to melt, stop stirring.
Cook, swirling skillet now and then to melt evenly.
Watch carefully--the caramel is done when it turns to dark amber.

Carefully add cream to melted sugar and stir, cooking until caramel is soft and blended with cream.
Pour into a small bowl and stir in Maldon salt and vanilla. Cool to room temperature.

In a small saucepan over medium heat, bring milk, cream, and sugar just to a boil, stirring occasionally.

Beat eggs in a medium bowl and add half of hot milk mixture in a slow stream, whisking constantly.
Pour back into saucepan and cook over medium heat, stirring constantly.
Custard is ready when thickened and an instant read thermometer reads 170 degrees.
Pour through a fine sieve into a large bowl and then stir in cooled caramel.
Chill custard until very cold, at least 3 hours or overnight.

Pour into bowl of an ice cream maker and churn until semi-soft, about 20 to 30 minutes.
Transfer into an airtight container and freeze until firm...if you can wait that long.

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