

SATURDAY MARKET

Homemade Ice Cream with Variations

Submitted by Teryi Youngblood, Soby's on the Side

Ingredients:

2 Cups Half and Half
2 Cups Heavy Cream
1 Vanilla Bean
1tsp Vanilla Extract
¾ Cup Egg Yolks (Approx. 9 large)
1 Cup Sugar
¼ Cup Corn Syrup (light)
Pinch Salt

Directions:

Place the half and half, and heavy cream into a heavy bottom 3 qt. sauce pan. Split the vanilla bean in half lengthwise and scrape out the seeds with a small knife. Put the seeds, the pod halves and the extract into the pan with the cream. Heat the cream until it is very hot (scalding) and about to boil. When the cream is close to hot enough, whisk the eggs and sugar until the eggs are light and fluffy. Whisk ¼ of the hot cream mixture into the yolks to warm them. Pour the egg mixture into the remaining cream on the stove. Using a rubber spatula, heat the mixture slowly until it thickens enough to coat the spatula. Do not over heat, as this will scramble the eggs and you will need to start over. When the cream has thickened, remove it from the heat and pass it through a fine sieve. Add the corn syrup and a pinch of salt. Add any other flavoring components and mix thoroughly. Refrigerate until cool and churn in an ice cream machine according to the manufacturers directions.

Variations:

Bourbon Ice Cream: Add ½ to ¾ cup bourbon to the base before cooling

Mint Julep Ice Cream: Add 2 oz. of fresh mint leaves (cut into thin strips) to the cream while heating. And add ¾ cup of bourbon before cooling

For Chocolate Ice Cream: Pour 2 cups of the hot base over 12 oz. of your favorite chocolate and let it sit for 5 minutes. Whisk to melt and combine. Add this mix back into the rest of the base before cooling.

Other variations:

Cook a pint of fresh berries with ½ cup of sugar and puree in a food processor or blender and then add the puree to the hot base.

Flavor your ice cream with fresh herbs or spices (like mint or fresh ginger) by adding them to the cream in the beginning of the recipe and then heating the cream. They will add their flavor and then be strained out before cooling and churning.

If you would like to add chunky ingredients, such as chocolate chunks, candy pieces, etc., stir them in after the ice cream has churned and before it is frozen hard.