



Honey Raspberry Ice Cream

NIBBLEDISH CONTRIBUTOR

Ingredients

1 quart raspberries
1/3 cup raspberry honey(or any honey will do)
2 cups heavy cream
1 cup half and half
1 tsp lemon juice
1- 1 ½ cups sugar(dependent on how sweet your berries are)
3 egg yolks
¼ tsp salt

Instructions

In a bowl, add the yolks, sugar and honey and whisk together- set aside. Using a double boiler over medium-low heat, add the half and half, cream, raspberries and salt. (Again, I used a saucepan and it worked well.) Whisk regularly the mixture, heating until the temperature reaches about 145F. The mixture should begin to turn purple.

Once the cream mixture has reached the desired temperature, slowly add about half of the mixture to the eggs and sugar while whisking vigorously. This will prevent the eggs from curdling. Once the eggs and cream have been thoroughly integrated, pour the egg mix back into the remaining cream.

Whisk constantly and slowly as the mix rises in temperature. Once the temperature reaches 165-170F — or when the mix evenly coats the back of a spoon — remove from heat and add the lemon juice. Whisk them in completely and run through a sieve (if you wish) to remove any raspberries seeds. Move to a new container to cool. The mix can be placed in the freezer for 2 to 3 hours or, preferably, into the refrigerator overnight. Churn according to your ice cream maker's instructions. After churning, place in freezer to firm up. I recommend placing a seal of plastic wrap tightly against the ice cream after making it to prevent a skin from forming on the ice cream's surface. (I

didn't do this and it turned out but I have heard this method is common.) Serve once firm enough.