

MULBERRY ICE CREAM

Source: The Art of Simple Food II by Alice Waters

Prepared by Brad Patton

Makes 1 ½ Quarts

Puree with a food mill or in a food processor:

3 ½ pints mulberries

Look for and discard any moldy or blemished berries as you are adding them to the food mill or processor bowl. Strain the berries through a fine-mesh strainer into a clean bowl. If you like a bit of texture in your ice cream, add a small amount of seeds (too many can give a bitter flavor) back into the puree. You should have 2 ½ cups mulberry puree.

Measure into a medium pot:

¾ cup cream

½ cup sugar

Heat until the sugar is dissolved and the cream is steaming.

Meanwhile, separate into a heat-proof bowl (reserve the whites for another purpose):

4 egg yolks

Whisk to break up the yolks and set aside. When the sugar is dissolved and the cream is hot, add a small amount of the hot liquid to the egg yolks to temper them. Gradually add the hot cream and sugar mixture to the yolks, whisking the entire time to make sure you are not cooking the yolks too fast. Once all of the cream is added to the yolks, pour the mixture back into the pot. Cook over medium heat, stirring constantly, until the mixture thickens and coats the back of the spoon (170 F). Do not let boil. Remove from the heat and strain. Stir in:

1 ½ cups cream

Cool the ice-cream base to room temperature and add the mulberry puree. Chill thoroughly in the refrigerator and freeze in an ice-cream maker according to the manufacturer's instructions. Transfer the frozen ice cream into a clean dry container, cover, and store in the freezer for several hours before serving to firm up.

Chef's notes: The mulberries did not puree well. I am guessing if you could pick them yourself, they would be well hydrated and puree easily. I had to use 5 quarts and squeeze them through cheesecloth to come up with 2 cups of juice/puree which seemed to turn out great!