

VANILLA BEAN ICE CREAM

Prepared by: Kimi Nelson, September 2018

Source: Thepioneerwoman.com

1 whole Vanilla Bean, Split And Scraped
3 cups Half-and-half
2 cups Sugar
8 whole (up To 9) Large Egg Yolks
3 cups Heavy Cream

Heat half-and-half and 2 cups sugar in a saucepan over low heat, adding vanilla “caviar” to the mixture. (You can also drop in the scraped vanilla bean, just to extract all the flavor. Make sure to discard the bean before moving to the next step.) Turn off heat when mixture is totally heated.

Beat egg yolks by hand or with an electric mixer until yolks are pale yellow and slightly thick. Temper the egg yolks by slowly drizzling into the 1 1/2 cups of hot half-and-half mixture, whisking constantly. After that, pour the egg yolk/half-and-half mixture into the pan containing the rest of the half-and-half mixture. Cook over low to medium-low heat (depending on how hot your stove gets) until quite thick, stirring constantly. Drain custard using a fine mesh strainer, then pour into a bowl with the heavy cream. Stir to combine.

Chill mixture completely, then freeze in an ice cream maker until thick. Place container in freezer to harden for at least eight hours.

Kimi’s Notes: This was very good but rich! Went perfectly with the Apple Dumplings.