

VANILLA ICE CREAM

SOURCE: SAVEUR

Ultra-thick & rich, this old-fashioned ice cream is flecked with fragrant vanilla seeds. It is best eaten within 4 hours of freezing.

INGREDIENTS:

2 C heavy cream
1 C milk
10 TBS sugar
Pinch salt
1 vanilla bean, split lengthwise
3 egg yolks

DIRECTIONS:

1. Put cream, milk, 5 TBS sugar & salt in a medium heavy-bottomed saucepan. Scrape seeds from vanilla bean & add along with the pod to cream mixture. Bring to simmer over medium heat.
2. Meanwhile, put egg yolks & remaining 5 TBS of the sugar in medium mixing bowl - whisk till thick, smooth & pale yellow.
3. Slowly pour 1 C of hot cream mixture into yolks, whisking constantly; then gradually add mixture back into the hot cream mixture in saucepan, stirring with a wooden spoon. Reduce heat to low & cook, stirring constantly, till custard is thick enough to coat the back of the spoon (about 10 minutes). Do not allow custard to boil - it will curdle.
4. Strain custard through a sieve into medium bowl, then retrieve vanilla bean from sieve & add to custard. Set aside to cool, then cover & refrigerate for at least 4 hours. Discard vanilla bean, then pour into an ice cream maker & process according to manufacturer's directions.

MAKES ABOUT 1 QUART