

## **Blackberry Ice Cream**

**SOURCE:** Coastal Living, MARCH 2003

### **INGREDIENTS:**

3 C sugar  
3 TBS all-purpose flour  
1/2 tsp salt  
10 C half-and-half  
8 large eggs, beaten  
1 tsp vanilla extract  
4 1/2 C fresh or 1 (1-lb) package frozen blackberries  
1 1/2 C sugar  
1 TBS fresh lemon juice  
Garnishes: fresh mint, fresh blackberries

### **DIRECTIONS:**

Combine first 3 ingredients in large Dutch oven - whisk in half-and-half - bring to boil, stirring constantly, over medium-high heat - slowly whisk about 4 c of hot mixture into beaten egg - add egg mixture to remaining hot mixture, whisking constantly till mixture reaches 160° F. (immediately remove it from heat to prevent curdling) - let cool completely, stirring occasionally - stir in vanilla - chill 8 hours or overnight.

Combine blackberries and 1 1/2 C sugar in separate bowl - stir well - cover and chill 8 hours, stirring occasionally to dissolve sugar - stir in lemon juice.

Stir berry mixture into custard mixture - pour into container of 4-qt ice-cream maker - freeze according to manufacturer's instructions (if recommended, pack freezer with additional ice and rock salt, and let stand 1 hour before serving) - scoop into serving bowls; garnish, if desired.

**Note:** To hasten cooling of custard mixture, partially fill sink with ice water to come about halfway up sides of Dutch oven. Let pan remain in ice-water bath, stirring often till room temperature - chill.

Yield: Makes 1 gallon