

Ingredients You Can Steep in Warm Milk to Add Extra Flavor

Whether you're making soft, buttery rolls or ice cream, it's easy to add extra flavor by steeping ingredients in warm milk. Sometimes ingredients can turn bitter when boiled, so I find it is best to just heat milk until hot, add whatever you want to steep and let it sit for 30 minutes to 2 hours. You can even steep ingredients into cold dairy if you put them in the fridge and let it happen overnight. Either way, strain your milk through a fine mesh strainer so you'll be left with nothing but the flavor of the ingredients and not the actual ingredients themselves.

- **Whole Spices, such as cinnamon sticks, star anise, cloves, etc.**
- **Chopped Nuts (I love to do this with hazelnuts for [flan](#), for example)**
- **Citrus peel (just the colored part, not the bitter pith)**
- **Fresh herbs such as basil, mint, rosemary, etc.**
- **Whole coffee beans (won't change the color of the milk as much as ground—your choice)**
- **Cocoa Nibs (for chocolate flavor without the color)**
- **Whole Tea blends (herbal and traditional)**
- **Cereal or Cookies (a la [Christina Tosi](#))**
- **Fresh Ginger or Turmeric**

Practical Applications (What To Make)

Now that you have your lovely flavored dairy, what can you do with it? Of course, depending on what you've steeped in your dairy, some of these ideas might make more sense than others. This is just to get you thinking about all the Possibilities.

- **Cake**
- **Rolls or Breads**
- **Ice Cream**
- **Frostings (think [Ermine frosting](#)) and glazes**
- **Panna Cotta**
- **Crème Brule**
- **Crème Caramel/Flan**
- **Starch-thickened pudding**
- **Cake Soak (think [Tres Leches](#))**

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