

Feeling peckish?

Let's make Restaurant-Style French Vanilla Ice Cream Base

From Jenni Field

What you need:

5 egg yolks

5.7 oz granulated sugar (about 3/4 cup)

10.6 oz half+half (1 1/4 cups plus 1 T)

1/2 oz light corn syrup (about 1 T)

1/4 t fine sea salt

16 oz heavy cream

best quality vanilla extract, to taste

What to do:

In a bowl, whisk together the yolks with about half the sugar until thick and pale. Set aside.

Bring the rest of the sugar, the half+half, corn syrup and salt just to a boil.

Stream into the egg yolk mixture slowly, whisking the eggs constantly, until you've added about half the dairy mixture. Pour the egg mixture back into the pot and, whisking constantly, heat until thickened. Do not let it boil. The temp should be about 165F. Strain into a metal bowl and whisk in the heavy cream and vanilla. Chill in an ice bath or refrigerate until 40F before churning.

Other stuff to know:

This recipe makes about 1 quart of base and can be varied in any number of ways. I used to make 12 quarts of this at a time, so you can absolutely double the recipe with no problem.



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Let's make Ice Cream Variations

From Jenni Field

What you need:

Vanilla Malt Ice Cream

*1/3 cup malted milk powder

What to do:

Passion Fruit Ice Cream

*2 oz passion fruit puree

Lemon Ice Cream

*zest of 5 organic lemons, steeped overnight and then strained.

Banana Ice Cream

*8 oz roasted banana puree (roast bananas in skins until black and split. Let cool.

Measure out amount needed)

Peanut Butter Ice Cream

*2 oz smooth peanut butter

*enough fleur de sel to bring out the nuttiness

Coffee Ice Cream

*2 oz Trablit or coffee extract to taste

Other stuff to know:

Each variation is based on 1 quart of base, so scale accordingly.

I find it's most efficient to mix up the variations using an immersion blender.



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Let's make Ice Cream Variations

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What you need:

Cinnamon Ice Cream

*ground cinnamon, to taste

Raspberry Ice Cream

*250 grams raspberry puree

*red food coloring (optional)

Chocolate Ice Cream

*semi-sweet, bittersweet or even milk chocolate, to taste

What to do:

Caramel Ice Cream

*Make the vanilla base, but caramelize the sugar first. Stop caramelization with half+half, temper into yolks. Add salt, cream and vanilla

*extra salt to bring out caramel flavor, to taste

Chocolate Caramel Ice Cream

*semi-sweet, bittersweet or even milk chocolate added to caramel base

Other stuff to know:

Each variation is based on 1 quart of base, so scale accordingly.

I find it's most efficient to mix up the variations using an immersion blender.



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