

Crème Fraîche Ice Cream

Ingredients:

This recipe makes about 2 cups of ice cream. I did not add the lemon juice because my husband can't tolerate any acidic food.

1 vanilla bean
1 cup heavy cream
½ cup sugar
4 egg yolks at room temperature
1 cup crème fraîche
1 tsp fresh lemon juice
A pinch of salt

Instructions:

Half the vanilla bean lengthwise and scrape the beans with the tip of a sharp knife into a 2-quart heavy pot. Add the cream, sugar, and a pinch of salt. Bring it to a boil, stirring until the sugar is dissolved, then remove from the heat.

In the meantime, whisk the egg yolks in a bowl until smooth. Then, in a slow stream, add half of the hot cream (careful, you don't want to get scrambled eggs), whisking until combined well.

Add the yolk mixture to the pot in a slow stream, along with the remaining mixture. Cook until the mixture thickens, stirring constantly, and the temperature reaches 170 degrees, about 3 minutes.

Pour the custard through a fine-mesh sieve into a metal bowl set in a larger bowl filled with ice and cold water. Cool to room temperature, stirring occasionally. Remove the custard from the ice bath and gently whisk in the crème fraîche and lemon juice, if using, until smooth. Freeze in an ice cream maker. My machine took 40 minutes to freeze the ice cream. Transfer to an airtight container and put in the freezer to harden, which will take about 4 hours.

As I mentioned earlier, a little goes a long way, and sliced strawberries make a great addition.

Guten Appetit!

Recipe from a 2007 Gourmet Magazine

Adapted by the Sunnycovechef