

Butter Pecan Ice Cream



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Recipe by: Laura Vitale

Serves 8-10

Prep Time: 15 minutes

Cook Time: 30 minutes

Ingredients

- __ 1/2 cup (1 stick) of Unsalted Butter
- __ 1/2 cup of Brown Sugar
- __ 3 cups of Whole Milk
- __ 3/4 cup of Heavy Cream
- __ 6 Egg Yolks
- __ 1 Tbsp of Vanilla Extract
- __ 1 cup of Chopped Pecans plus 2 Tbsp of Unsalted Butter
- __ Pinch of Sea Salt

1) In a saucepan over medium low heat, add the butter and allow it to brown to a nutty caramel color, then add the brown sugar, cook for a few minutes or until the mixture becomes smooth (don't panic if it's thick and sandy at first, it will soften and melt).

2) Add the cream and milk mixture (this will be tricky, the sugar will harden but it's normal!! It will loosen and melt as it warms up) and cook while stirring constantly until the mixture comes to a simmer (not boil) meanwhile, in a large bowl, whisk the egg yolks so they froth up a bit.



3) Once the milk mixture is to a simmer, while whisking, add a couple cups of the hot mixture to the egg yolks to temper them, then add the whole thing back into the saucepan and cook on medium low while constantly stirring and whisking until the mixture thickens, about 10-15 minutes (don't increase the heat and don't let it boil).

4) Once the mixture is ready, whisk in the vanilla, then pass through a sieve, let it cool a bit before covering and popping in the fridge overnight. This is the point where you want to place the insert to your ice cream machine into the freezer if your specific machine calls for it.

5) When ready to churn, add the custard in your ice cream machine and churn according to manufacturer's instructions, meanwhile, work on the pecans.

6) In a skillet, add the two tablespoons of butter, let it melt, then add the nuts and toast until golden brown around the edges, remove from the heat, add the salt and set them aside. When the custard is just about set, add the pecan mixture and let it finish churning for a few minutes.

7) Add the custard to a freezer safe container and freeze for about an hour to set before serving.

NOTE: just like any other homemade ice cream treat, it's best eaten within a couple days of making, there's no stabilizers or additives to keep it from turning into a gritty frozen texture so don't make it too ahead of time. Also, homemade ice cream should be brought out to soften at room temperature for at least 20 minutes before serving.