

# Strawberry Balsamic Ice cream

## Ingredients

2 cups whole milk (raw)

2 pinches of salt

2 ½ cups fine organic sugar

4 cups organic heavy cream

12 free range organic egg yolks

2 tsp vanilla extract

2 baskets of fresh organic strawberries

8 tbsp of aged balsamic vinegar (Not just for salads anymore!)

## Hardware

Immersion blender (food processor)

Ice cream maker

## Preparation

- 1) Chop, rinse, and macerate strawberries with balsamic vinegar and 1 cup of your sugar. To macerate means, "to soften by soaking"; you will soak these ingredients in a large bowl for about 30 min.
- 2) During maceration separate eggs, yolks from whites, and whisk them in a medium bowl. Set aside. (Messy but fun.)
- 3) Place all milk, 2 pinches of salt, and the remainder of your sugar in a deep saucepan over medium heat to start dissolving sugar. Stirring continuously.
- 4) When sugar is fully dissolved, temper your egg yolks by drizzling a small amount (about a cup) of the warm milk mixture into your yolks, stirring continuously. This will raise the yolk temperature so they do not scramble when added to the saucepan of hot milk.
- 5) Now that the yolk temp has been raised, remove the pan from the burner, and slowly incorporate the yolks in with the hot milk mixture stirring continuously. (Don't freak if there happens to be a couple of lumps, you're going to be straining it for any of those persistent sneakers.)

- 6) Once yolks are combined, return to the burner, and stir mixture for about 30 minutes or until it thickly coats the back of a spoon. (KNOW HOW IT'S DONE TRICK: dip spoon in the mixture, drag your finger through custard on the spoon drawing a line. If the line holds and doesn't run, it's done.)
- 7) Have a bowl and strainer standing by; strain the cream into bowl & add vanilla extract. Strain the custard (hot milk, sugar, and egg mixture) into cream, mix thoroughly. (See, that wasn't so bad, was it?)
- 8) Use immersion blender to puree strawberry balsamic mixture. (I'm lucky; my wife comes home with all sorts of cool tools. If you haven't been as lucky as I and haven't acquired an immersion blender, you can use a food processor. What would I do without her?)
- 9) Combine pureed strawberries with custard.  
Chill custard mixture overnight.  
Once chilled for 24hrs take mixture out of the fridge, mix to make sure any settled bits are incorporated, and pour in ice cream maker, let churn for about 25-30 minutes until billowy thick.  
Scoop out into your preferred container, put in freezer, and let set for an hour.  
You're ready to enjoy! I like to find a nice quiet place where no one can find me, saving it all for myself!

### Notes:

\*Don't be afraid of the RAW MILK, its actually better for you than pasteurized milk. Some people I talk to are uneasy with idea RAW MILK and to be honest I was a little unsure too before I knew anything about it. RAW MILK is unpasteurized. It still contains the enzymes and good bacteria that help break down milk naturally in the body. I am lactose intolerant and I have no symptoms after using RAW MILK in any capacity. It also has a shorter shelf life than pasteurized milk.

\*All the ingredients that we are able to purchase at our local farmers market (Mar Vista) we do. Everything tastes better if you use fresh products and local growers allow us that opportunity.

Presented by

**ManWifeFood**