

Peach Ice Cream

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| 1 pound fresh peaches | 1 cup sugar |
| 2 ½ cups whole milk | 1 cup heavy cream |
| 6 large egg yolks | |

- 1 Make Custard: In large heavy saucepan, heat milk to just below a boil. While milk is heating, whisk together egg yolks and sugar in a medium bowl. Once milk is heated, pour a small amount (about ½ cup) of milk into the egg bowl, WHILE WHISKING. You want to continue whisking, so that the heat of the milk does not make scrambled eggs. Once mixed together, pour in more and more milk, as you whisk. Once all is whisked together, pour it all back into the saucepan. Bring mixture just to a boil on medium heat, whisking CONSTANTLY. Remove from heat and pour into a bowl and refrigerate for 1-2 hours or more.
- 2 Once you have the custard in the refrigerator, peel peaches. Bring a pot of water to boil. Cut an x into the base of the peach with a paring knife. Plunge the peaches into the boiling water for 30-60 seconds. Remove immediately and plunge into cold water. The peel should come off easily with a paring knife. Set aside until all peaches are peeled.
- 3 Cut peaches in half, remove pit, slice and place into food processor. Puree until smooth. Add peach puree and 1 cup heavy cream to the custard and stir together until combined. Continue to refrigerate.
- 4 Once custard is cold, you can freeze the custard in an ice cream maker, according to the manufacturer's directions. You can serve the freshly made ice cream immediately or transfer to an airtight container and freeze until you are ready to use. Freshly made ice cream will become very hard when frozen. To serve, remove from freezer about 20 minutes before you want to serve, so that it softens and becomes scoopable.

Servings: 20

Preparation Time: 30 minutes

Inactive Time: 1 hour and 30 minutes

Total Time: 2 hours

Nutrition Facts

Nutrition (per serving): 123 calories, 60 calories from fat, 6.8g total fat, 80.8mg cholesterol, 19.1mg sodium, 101.3mg potassium, 14.1g carbohydrates, <1g fiber, 13.5g sugar, 2.2g protein.

Source

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