

LAVENDER-HONEY ICE CREAM

(The Perfect Scoop)

1/2 cup good-flavored honey

1/4 cup dried or fresh lavender flowers

1 1/2 cups whole milk

1/4 cup sugar (I left this out as it is quite sweet with just the honey)

pinch of salt

1 1/2 cups heavy cream

5 large egg yolks

Heat the honey and 2 tablespoons of the lavender in a small saucepan. Once warm, remove from the heat and set aside to steep at room temperature for 1 hour.

Warm the milk, sugar, and salt in a medium saucepan. Pour the cream into a large bowl and set a mesh strainer on top. Pour the lavender-infused honey into the cream through the strainer, pressing on the lavender flowers to extract as much flavor as possible, then discard the lavender and set the strainer back over the cream.

In a separate medium bowl, whisk together the egg yolks. Slowly pour the warm mixture into the egg yolks, whisking constantly, then scrape the warmed egg yolks back into the saucepan.

Stir the mixture constantly over medium heat with a heatproof spatula, scraping the bottom as you stir, until the mixture thickens and coats the spatula. Pour the custard through the strainer and stir it into the cream. [If the custard curdles -- simply whizz in your blender.] Add the remaining 2 teaspoons lavender flowers (I left these out) and stir until cool over an ice bath.

Chill the mixture overnight in the refrigerator. The next day, before churning, strain the mixture, again pressing on the lavender flowers to extract their flavor. Discard the flowers, then freeze the mixture in your ice cream maker according to the manufacturer's instructions.

Makes about 1 quart.

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