

A large, faint, light-colored whisker graphic is centered in the background, extending from the top to the bottom of the page. It is semi-transparent and blends with the red background.

Recipes

DelightMeMonthly

Ice Cream

Flavors

- 3 Vanilla Caramel Swirl
- Cardamom Matcha
- Lychee (1)
- Lychee (2)
- Mango Lime
- Keto—
- FroYo—Berry Cheesecake

Vanilla Caramel Swirl

DelightMeMonthly

prep time

30 min

cook time

20 min

serves

6

Ingredients you need

FOR THE HOT CREAM

5 egg yolks

½ cup packed light brown sugar, divided

1¾ cup heavy cream

¾ cup milk

½ tsp salt

FOR THE CARAMEL SWIRL

½ cup granulated sugar

½ cup dark brown sugar

2 Tbps. water

¾ cup heavy cream

1 dash salt

Instructions

- 1 **[Maple Vanilla Ice Cream]** *Separate the egg whites from the yolk.* Crack one egg on the counter and gently peel the egg apart in the middle. Use the two halves to separate the egg whites from the yolks by gently transferring the yolk back and forth between the shells. Try to dump the whites out into a separate bowl from the yolks.
- 2 In a medium Pyrex measuring cup or heatproof bowl, whisk the yolks with 1/4 cup of the brown sugar. Set aside.
- 3 In a medium saucepan, combine the cream, milk, salt, and the remaining 1/4 cup of brown sugar over medium-high heat. Use a large stirring spoon and run across the bottom of the pan when stirring. Right before the mixture begins to simmer (when the first bubble is about to appear), lower to medium-low heat.
- 4 Temper the eggs. Use the stirring spoon to transfer (about 1/2 cup of) the hot cream mixture while constantly whisking the eggs, to the egg yolks. Drizzle the cream into the egg yolks with 2-4 spoons full until about 1 cup of cream is added to the eggs. Stir vigorously the whole time. Then pour the egg-cream mixture back into the saucepan, whisking as you pour.
Cook the mixture carefully over medium heat, stirring, until it is thickened, about 1-2 more minutes.
- 5 Stir in the vanilla. Allow to cool on the counter or on ice for 20 minutes, stirring occasionally, then loosely cover (not necessarily air tight) and place in the fridge for 2 hours. Set a reminder to stir occasionally. [Optional] Move cream to a bowl with a spout before placing in fridge.
- 6 **[Caramel]** Measure the cream and set it nearby. Add the white sugar to a medium saucepan, shake it to coat the bottom, and turn the stove to a medium heat. Immediately add the water, stir or shake as necessary to coat the sugar, and allow to cook until the sugar dissolves.
- 7 Continue to add the remaining white and brown sugars alternating 1/4 cup at a time, stirring frequently and allowing most of the sugar to bubble before you add more. Stir gently to incorporate the sugar with each addition. Increase heat to medium-high if it isn't bubbling.
- 8 Allow to bubble for 1-2 minutes then quickly drizzle the cream in while stirring gently. Reduce heat to medium-low and sprinkle in the salt. After 1 minute, remove from heat and allow to sit for up to 5 minutes. Then pour into a Pyrex or similar bowl that has a spout to guide the caramel out later. Allow to cool on the counter.
- 9 Once the cream has chilled, slowly pour into your ice cream maker, allow to churn for 25 minutes, then scoop out half into a container. Use a fork or spoon to drizzle about 1 Tbsp. of the caramel on the ice cream. Add another layer of ice cream, and repeat the caramel. Do not stir.
- 10 Place in freezer without a lid for 30 minutes, then cover in an airtight container. Allow to temper for 10 minutes when ready to serve.