

Blackberry Ice Cream

Ingredients:

1 ½ cups Whole Milk
2 eggs
2 egg yolks
1 ½ cups sugar (divided)
1 ¼ cups heavy cream
1 pint fresh blackberries
Juice from ½ lemon (about 1 ½-2 tablespoons)
1 teaspoon vanilla extract

Directions:

Stir together blackberries, ¾ cup of sugar and lemon juice in a medium bowl. Cover bowl and refrigerate for at least 2 hours. (You can refrigerate overnight if you want more flavor).

Heat the milk in the bowl of a double boiler (or in a sauce pan over very low heat). Bring milk to just simmering.

While milk is heating, whisk the eggs, yolks and the remaining ¾ cup sugar in a large bowl. Whisk ¼ a cup of the hot milk into the egg and sugar mixture. Pour egg mixture into the milk on the double boiler (or in sauce pan) and cook while stirring constantly. Heat until mixture thickens just enough to coat the back of a spoon.

Once mixture has thickened, pour back into mixing bowl and stir in heavy cream. Cover and refrigerate until mixture has cooled. (You can also refrigerate overnight).

When the mixtures are ready, stir the blackberry mixture into the cream mixture. Pour into your ice cream maker and mix according to your ice cream makers directions.

Serve immediately or put into an air tight container and freeze until ready to serve.



Recipe courtesy of

<http://caleighskitchen.com>