

Ginger Ice Cream with Crystallized Ginger

Author: Adapted slightly from the book, *The Perfect Scoop*, by David Liebovitz

Carolyn T's
Internet
Cookbook

Servings: 10



- 3 ounces fresh ginger, unpeeled**
- 1 cup whole milk**
- 2 cups heavy cream**
- 3/4 cup sugar**
- 1 pinch salt**
- 5 large egg yolks**
- 3 tablespoons crystallized ginger, finely minced**

Serving Ideas: Would be perfect with a shortbread cookie, or one made with a bit of ginger. Nothing too strong or you'll never taste the ginger flavor in the ice cream.

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 284 Calories; 21g Fat (65.5% calories from fat); 3g Protein; 22g Carbohydrate; trace Dietary Fiber; 175mg Cholesterol; 50mg Sodium. Exchanges: 0 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 4 Fat; 1 Other Carbohydrates.

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Notes: I substitute some fat-free half and half for both the cream and milk. About half the real stuff, half the fat-free.

Description: A delightfully subtle ginger flavor, with some flecks of the crystallized ginger added at the end.

1. Cut the ginger knob in half lengthwise (makes it more stable for slicing) and then cut into very thin slices. Place the ginger in a medium, nonreactive saucepan. Add enough water to cover the ginger by about 1/2 inch and bring to a boil. Boil for 2 minutes, then drain, discarding the liquid.
2. Return the blanched ginger slices to the saucepan, then add the milk, 1 cup of the cream, sugar and salt. Warm the mixture, cover and remove from the heat. Let steep at room temperature for one hour.
3. Rewarm the milk mixture. Remove the ginger slices with a slotted spoon and discard. Pour the remaining cream into a large bowl and set a mesh strainer on top.
4. In a separate medium bowl, whisk together the egg yolks. Slowly pour the warm mixture into the yolks, whisking constantly, then scrape the warmed egg yolks back into the saucepan.
5. 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. Stir until cool over an ice bath.
6. Chill the mixture thoroughly in the refrigerator, then freeze it in your ice cream maker according to the manufacturer's instructions. When completed stir in the crystallized ginger and transfer ice cream to a freezer container. Freeze thoroughly before serving.