

Lemon Velvet Ice Cream or Gelato

Adapted from a recipe attributed to the Velvet Turtle



Luscious, lemony flavor.

1 3/4 cups sugar

lemon zest from 3-4 lemons

1 cup fresh lemon juice

2 cups half and half

12 ounces evaporated milk, canned, undiluted

1 1/2 cups whole milk

1 dash salt

Desserts

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

Servings: 12

Preparation Time: 10 minutes

This is a really smooth ice cream, and with our home grown lemons, the perfect complement to their sweetness. This may be the best ice cream I've ever made in my machine. I usually substitute Trader Joe's fat-free half and half for both the evaporated milk and the whole milk, but it can be made with any combination of different milk. And instead of the half and half, I usually use 2 cups of heavy cream.

1. Remove the zest from some of the lemons. Chop coarsely, then combine with the fresh squeezed juice in a blender. Blend them until the zest is still visible, but not in big chunks.
2. In a large bowl combine all ingredients. Stir well to dissolve sugar. Taste for sweetness or tartness and adjust. If time permits, refrigerate. Follow ice cream freezer directions and freeze in one or two batches, as needed. Scoop into a freezer container and freeze for at least one hour before serving.

Per Serving (excluding unknown items): 227 Calories; 8g Fat (29.9% calories from fat); 4g Protein; 37g Carbohydrate; trace Dietary Fiber; 27mg Cholesterol; 84mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 1 1/2 Fat; 2 Other Carbohydrates.