

Peach-Buttermilk Ice Cream

Adapted slightly from Rick Rodgers' website

Internet Address: http://rickrodgers.com/rick_rodgers/rr/recipes/desserts/peach-buttermilk-ice-cream.html



Use very ripe peaches

- 2 pounds peaches, ripe (4-6 depending on size)
- 1/2 cup granulated sugar (I used Splenda)
- 1/2 cup packed light brown sugar
- 1 tablespoon fresh lemon juice
- 1 teaspoon vanilla extract
- 1/4 teaspoon almond extract
- 2 cups buttermilk
- 2 tablespoons Peach Pucker Schnapps (this is my suggestion - not in the original)

Desserts

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

Servings: 10

Can be done without an ice cream machine - freeze a 13 X 9-inch metal baking pan. An ice cream maker gives the best results, but you can make it in the freezer if you wish. (The texture will be somewhat gritty, but it will taste fine.) The Schnapps in the recipe isn't really needed - but next time I make this I'll put it in because it may help with the scooping - once this freezes solid it's rock hard.

1. Bring a large pot of water to a boil over high heat. Add the peaches and cook just until the skins loosen, about 1 minute. (If the skins are stubborn, the peaches aren't as ripe as you thought, so remove them and pare off the skin with a sharp knife.) Using a slotted spoon, transfer to a large bowl of iced water and let stand until cool enough to handle. Discard the skin and pits and coarsely chop the peaches. Transfer to a food processor.
2. Add the sugar, brown sugar, lemon juice, vanilla, the almond extract and purée. (If using Peach Pucker Schnapps, add that into the bowl too.) Transfer to a large bowl. Stir in the buttermilk.
3. Transfer to the container of an ice machine and process according to the manufacturer's directions. Pack the ice cream into an airtight container, cover and freeze for at least 2 hours to allow the ice cream to ripen and harden before serving. Leave out at room temp for about 20+ minutes to get it soft enough to scoop, as it freezes rock hard.

Yield: 1 1/2 quarts

Per Serving (excluding unknown items): 131 Calories; trace Fat (3.2% calories from fat); 2g Protein; 31g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 56mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 0 Fat; 1 1/2 Other Carbohydrates.