

# Peach Ice Cream

David Lebovitz, *The Perfect Scoop*

Internet Address:



*A David Lebovitz recipe.*

1 1/2 pounds fresh peaches, about 4 large, or 3 extra large

1/2 cup water

3/4 cup sugar

1/2 cup sour cream

1 cup heavy cream

1/4 teaspoon vanilla extract

A few drops fresh lemon juice (I added about 2 teaspoons)

*Serving Ideas: For a nice addition, slice some additional peaches to serve on top of the ice cream. An idea for serving: crumble up some vanilla meringue cookies (Trader Joe's), layer these crumbs with the peach ice cream, then scoop on some of the peach puree (I made a double batch of the puree itself so I had extra), then drizzle on top a bit of sweet balsamic glaze (balsamic vinegar that's boiled down to almost a syrup - available at Trader Joe's, but you can make it yourself too.*

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

## Servings: 7

*If you don't have a Messermeister serrated peeler (which will peel even ripe peaches), cut a tiny X in the bottom of the peach, just through the skin and lower them into a pot of boiling water for about 20 seconds. Drain, shock the peaches in cold water and the peel should come right off with a knife.*

1. Peel the peaches over the saucepan you'll cook them in (so you keep all the juice). Using a paring knife, cut chunks from the pit. Discard both peel and pits. Add water and bring to a boil. Reduce heat and simmer covered, stirring once or twice, until peaches are soft, about 10 minutes.
2. Remove from heat, stir in sugar, then allow to cool to room temp.
3. Puree the cooked peaches in a food processor (including any liquid) with the sour cream, heavy cream, vanilla and lemon juice until smooth, but with a few peach chunks visible, if possible.
4. Chill this mixture thoroughly in the refrigerator (the colder it is when you put it in your ice cream machine the smoother it will be - ice crystals will form quicker the warmer it is). Freeze in your ice cream machine according to the manufacturer's directions.

## Yield: 1 quart

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Per Serving (excluding unknown items): 268 Calories; 16g Fat (52.3% calories from fat); 2g Protein; 31g Carbohydrate; 1g Dietary Fiber; 54mg Cholesterol; 22mg Sodium. Exchanges: 1/2 Fruit; 0 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.