

Roasted Strawberry & Buttermilk Ice Cream

Jeni's Splendid Ice Creams at Home," by Jeni Britton Bauer (in Denver Post, 6/2011)



The methods and ingredients here are different - and that's what makes the ice cream so creamy and scoop-able.

ROASTED STRAWBERRIES:

**1 pint strawberries, hulled and sliced
1/2-inch thick**

1/3 cup sugar

3 tablespoons fresh lemon juice

ICE CREAM BASE:

1 1/2 cups whole milk

2 tablespoons cornstarch

**2 ounces cream cheese (4 tablespoons)
softened**

1/8 teaspoon fine sea salt

1 1/4 cups heavy cream

2/3 cup sugar

2 tablespoons light corn syrup

1/4 cup buttermilk

Servings: 8

You will have extra roasted-strawberry puree (it's necessary to fill the baking dish or dry out as they roast). You'll need an ice-cream machine. Makes about one quart.

Direction: 1. Prep the strawberries: Preheat the oven to 375 degrees. Combine the strawberries with the sugar in an 8-inch square glass or ceramic baking dish, stirring gently to mix well. Roast for 8 minutes, or until just soft. Let cool slightly. Puree the berries in a food processor with the lemon juice. Measure 1/2 cup of the pureed berries; refrigerate the rest of the puree for another use.

2. Mix about 2 tablespoons of the milk with the cornstarch in a small bowl to make a smooth slurry. In another bowl whisk the softened cream cheese and salt together, until smooth. Fill a large bowl with ice and water.

3. Combine the remaining milk, the cream, sugar and corn syrup in a 4-quart saucepan, bring to a rolling boil over medium-high heat, and boil for 4 minutes. Remove from the heat and gradually whisk in the cornstarch slurry. Bring the mixture to a boil over medium-high heat and cook, stirring with a heat-proof spatula, until slightly thickened, about 1 minute. Remove from the heat.

4. Gradually whisk the hot milk mixture into the cream cheese until smooth. Add the reserved 1/2 cup strawberry puree and the buttermilk and blend well. Pour the mixture into a 1-gallon Ziploc freezer bag and submerge the sealed bag in the ice bath. Let stand, adding more ice as necessary, until cold, about 30 minutes.

5. Freeze: Pour the ice-cream base into the frozen canister of your ice-cream maker and spin until thick and creamy.

6. Pack the ice cream into a storage container, press a sheet of parchment directly against the surface, and seal with an airtight lid. Freeze in the coldest part of your freezer until firm, at least 4 hours. [To serve, you may have to let this sit out for about 2 minutes, but that's about it - it's really scoop-able from a hard-frozen state.]

Yield: 1 quart

Per Serving (excluding unknown items): 315 Calories; 18g Fat (49.7% calories from fat); 3g Protein; 38g Carbohydrate; 1g Dietary Fiber; 65mg Cholesterol; 106mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Fruit; 1/2 Non-Fat Milk; 3 1/2 Fat; 2 Other Carbohydrates.