

# Strawberry Ice Cream with Kirsch

Adapted from 5 second rule blog, and she excerpted it from *The Homemade Pantry* by Alana Chernila



## Servings: 8

- 3 large egg yolks
- 3/4 cup fat free half-and-half, or use the real stuff
- 1/4 cup Splenda Granular (or use real sugar)
- 3/4 cup heavy cream
- 1/4 cup granulated sugar
- 2 pints strawberries, washed, dried, and hulled
- 1 teaspoon vanilla extract
- 1/8 teaspoon salt
- Optional: 2 teaspoons kirsch liqueur

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

1. In a small bowl, whisk the egg yolks.
2. Place the half-and-half in a medium heavy-bottomed pot. Heat it over medium heat without letting it boil, and stir occasionally until the sugar is dissolved, 5 to 8 minutes. In the meantime, set a fine-meshed sieve over a large heatproof bowl.
3. When the half-and-half is hot, add the Splenda (or sugar) and stir to dissolve completely. Then whisk a little of it into the egg yolks to warm them. Then whisk all of the warm egg yolks into the hot cream. Stir constantly with a wooden spoon or heatproof spatula as you heat the mixture over medium heat—keep scraping the bottom and stirring until the mixture thickens and you get a good coating on the spoon. Again, do not let it boil. Remove from the heat and pour through the strainer over the bowl. Add the heavy cream to the mixture and stir to combine. Cover and chill in the refrigerator for at least 30 minutes.
4. Put the strawberries in a large bowl and mash them until all of it is a mush (any large pieces will likely freeze as-is in the ice cream) with a potato masher. Then add the sugar. Let the strawberries macerate in their own juices, stirring occasionally until the sugar has melted, 10 to 15 minutes. Add the berries to the cream mixture. Then add the vanilla, salt, and kirsch, if using. Chill, covered, in the refrigerator for at least 30 minutes, but up to 2 days.
5. Freeze according to your ice cream maker's instructions.

## Yield: 1 quart

Per Serving (excluding unknown items): 162 Calories; 10g Fat (58.7% calories from fat); 2g Protein; 15g Carbohydrate; 2g Dietary Fiber; 110mg Cholesterol; 68mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 Fat; 1/2 Other Carbohydrates.