

# Wattleseed Ice Cream

Emeril Legasse (food network)



- 2 cups half and half
- 1 cup heavy cream
- 1 cup fat free half-and-half, [I used Trader Joe's]
- 2 tablespoons ground wattleseed
- 1 teaspoon vanilla extract
- 1 teaspoon wattleseed extract, [optional - I don't have this ingredient]
- 1 cup sugar
- 1 pinch salt
- 5 large egg yolks

## Desserts

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

## Servings: 12

*Don't serve this with anything too powerful in flavor as you want to taste the wattleseed. If you don't have wattleseed, don't even make this ice cream - it's just a vanilla type plain ice cream base but it's a neutral flavor so the wattleseed nuances will shine through.*

1. In a nonreactive saucepan, combine the half-and-half, cream and fat free half and half, powdered wattleseed, vanilla, wattleseed extract (if using), sugar, and salt, over medium heat. Bring the cream to the boiling point to scald it. Remove from the heat.
2. Beat the egg yolks in a large bowl. Add the cream mixture, about 1/4 cup at a time, to the beaten eggs, whisking in between each addition, until all is used. Pour the mixture into a saucepan, and cook, stirring, over medium heat, for 2 to 3 minutes, or until the mixture becomes thick enough to coat the back of a spoon. Strain the mixture through a fine mesh sieve (optional).
3. Chill the custard mixture in a bowl with ample ice to bring it down in temp (below 38° which is the temp for standard refrigeration) if possible. Pour the custard into the ice cream machine and follow the manufacturer's instructions for churning time. Scoop into a plastic container and freeze solid, about 3-4 hours.

## Yield: 1 quart

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Per Serving (excluding unknown items): 225 Calories; 14g Fat (57.0% calories from fat); 3g Protein; 21g Carbohydrate; 0g Dietary Fiber; 131mg Cholesterol; 58mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.