Roasted Balsamic Strawberry Ice Cream

Author: Jumbo Empanadas & from Zoe Cakes 6/10/08

Carolyn T's Cookbook

Servings: 8



STRAWBERRIES:
2 pounds strawberries, about 2 baskets
1/3 cup sugar
3 tablespoons balsamic vinegar
CUSTARD:
3 large egg yolks
1 cup heavy cream
1 cup milk
2/3 cup sugar
1 tsp vanilla extract
Categories: Desserts

Blog: Carolyn T's Blog: http://tastingspoons.com

Per Serving (excluding unknown items): 275 Calories; 14g Fat (45.5% calories from fat); 3g Protein; 35g Carbohydrate; 2g Dietary Fiber; 125mg Cholesterol; 30mg Sodium. Exchanges: 0 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 1/2 Other Carbohydrates.

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Notes: The berries are pretty fantastic all on their own or as a topping on yogurt or granola or any flavour of ice cream of your choosing.

1. Preheat oven to 350F. Line a baking sheet with foil including up on all sides so that the wonderful juice that's going to be created can't escape. Wash and hull the strawberries and pat dry. Toss with the sugar and let stand for 30 minutes. Add the balsamic, toss again and then spread out onto your baking tray. Bake for approximately 40 minutes, until strawberries are jammy and there's lots of juice. Pour the berries into a bowl and chill.
2. In a heavy bottomed saucepan bring the milk and cream to a boil. In a medium bowl, whisk together the egg yolks and sugar until pale. Continue to whisk while slowing pouring in the hot milk mixture until it is completely incorporated. Pour it all back into the pan and stir until the mixture thickens enough to coat the back of a spoon. Pour into a bowl, stir in the vanilla extract and then cover and refrigerate until completely chilled,
3. Once both the strawberries and the custard are completely cool, remove a couple scoops of strawberries with juice out of the bowl and set aside (to use as a topping on the ice cream when it's finished). Strain the rest of the strawberries and combine the juice with the custard and pour into your ice cream machine and process according to your manufacturer's instructions. Chope up the strawberries a bit, and when the ice cream is almost finished, add in the strained berries until they're just incorporated, (if you add them in at the beginning, the machine has a hard time processing them). If you like your ice cream soft, you can eat it right away, topped with the reserved strawberries and juice, otherwise stick it in the freezer to firm up a little more.