

Basil Mint Ice Cream

Basil Mint Ice Cream - Made with fresh herbs and all natural ingredients, this simple ice cream puts store-bought varieties to shame.

Course: Dessert Cuisine: American Servings: 8 1/2 cup servings
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Ingredients

- 2 ounces basil
- 1 ounce mint
- 1 1/2 cups heavy cream
- 1/2 cup whole milk
- 6 large egg yolks
- 5 ounces sugar
- vanilla extract
- optional: 2-3 drops green food coloring

Instructions

1. Quickly blanch the basil and mint in boiling water and then transfer the herbs to an ice bath to halt the cooking process. Drain and set aside.
2. Add cream, milk and a splash of vanilla to a saucepan on medium heat. Bring the liquid to a gentle simmer.
3. While the cream is warming up, whisk egg yolks and sugar together in a bowl. Make sure they're well combined.
4. When the cream is just starting to simmer (don't boil it), slowly temper it into the yolks while whisking.
5. Pour the mixture back into the saucepan and turn the heat down to medium low. Stir in a figure 8 motion for several minutes until the mixture coats the back of a wood spoon or rubber spatula. Remove from the heat and add the herbs.
6. Puree the basil, mint and cream in a blender. Allow the mixture to infuse for at least an hour for best flavor. Strain the cream through a fine mesh strainer and allow to chill thoroughly in the refrigerator.
7. If using, stir in a few drops of green food coloring.
8. Make ice cream according to the manufacturer's instructions.

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