

Cinnamon-Basil Ice Cream

*Sue Gronholz - Beaver Dam, WI
Taste of Home - June/July 2020*

Yield: 2 cups

*1 1/4 cups whole milk
12 fresh basil leaves
1 (three-inch) cinnamon stick, .
1/2 cup sugar
4 large egg yolks, lightly beaten
3/4 cup heavy whipping cream
1/4 teaspoon vanilla extract
ground cinnamon (optional)*

Preparation Time: 45 minutes**Process Time: 1 minute**

In a small saucepan, heat the milk to 175 degrees. Remove from the heat. Add the basil and cinnamon stick. Cover and steep for 30 minutes. Strain, discarding the basil and cinnamon stick.

Return to the heat. Stir in the sugar until dissolved. Whisk a small amount of the hot mixture into the egg yolks. Return all to the pan, whisking constantly. Cook and stir over low heat until the mixture is just thick enough to coat a metal spoon and a thermometer reads at least 160 degrees, stirring constantly. Do not allow to boil. Remove from the heat immediately.

Quickly transfer to a large bowl. Place the bowl in a pan of ice water. Stir gently and occasionally until cool, about 5 minutes. Stir in the cream and vanilla. Press plastic wrap onto the surface of the custard. Refrigerate several hours or overnight.

Fill the cylinder of an ice cream maker no more than two-thirds full. Freeze according to manufacturer's directions.

Transfer the ice cream to freezer containers, allowing headspace for expansion. Freeze until firm, two to four hours.

If desired, sprinkle the servings with ground cinnamon.

Per Serving (excluding unknown items): 1468 Calories; 97g Fat (58.2% calories from fat); 25g Protein; 132g Carbohydrate; 8g Dietary Fiber; 1137mg Cholesterol; 250mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1 1/2 Non-Fat Milk; 18 Fat; 6 1/2 Other Carbohydrates.