
Very Chocolate Ice Cream

Wendy

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Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 6 hours 45 minutes

1 cup milk

3/4 cup sugar

2 tablespoons unsweetened cocoa powder

1/4 teaspoon salt

3 egg yolks, lightly beaten

2 ounces semisweet chocolate, chopped

2 cups whipping cream

1 teaspoon vanilla extract

Stir together the milk, sugar, cocoa powder and salt in a saucepan over medium heat. Cook, stirring constantly, until the mixture begins to simmer, about 5 minutes.

Place the egg yolks in a small bowl. Gradually stir in about one-half cup of the hot milk mixture. Return the egg mixture to the saucepan. Heat, stirring constantly, until thickened, about 5 minutes (Do Not Boil).

Remove from the heat and stir in the chopped chocolate until melted. Pour into a chilled bowl and refrigerate until cold, stirring occasionally, about two hours.

Stir the cream and vanilla into the cooled chocolate mixture. Pour into an ice cream maker and freeze according to manufacturers instructions. Transfer to an airtight container and freeze until firm, four hours or overnight.

Dessert

Per Serving (excluding unknown items): 357 Calories; 27g Fat (66.3% calories from fat); 4g Protein; 27g Carbohydrate; trace Dietary Fiber; 165mg Cholesterol; 108mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1/2 Non-Fat Milk; 5 1/2 Fat; 1 1/2 Other Carbohydrates.