

Double Lemon Ice Cream

Fruitful | July/August 2005



Serve this extra-lemony ice cream in oversize cones with fresh berries.

- 2 CUPS WHIPPING CREAM
- 1 CUP HALF-AND-HALF, LIGHT CREAM, OR WHOLE MILK
- 1 CUP PLUS 2 TBSP. SUGAR
- 3 TBSP. FINELY SHREDDED LEMON PEEL
- 5 EGG YOLKS
- ¾ CUP FRESHLY SQUEEZED LEMON JUICE

In a medium saucepan combine the whipping cream, half-and-half, 1 cup plus 2 tablespoons sugar, and lemon peel. Bring to a simmer over medium-low heat (do not boil), stirring occasionally to dissolve sugar. Remove from heat; cover and let stand 30 minutes to allow lemon peel to steep in the hot mixture.

Uncover pan and return to medium-low heat. Bring back to a simmer. In a small bowl, lightly beat the egg yolks. Gradually stir about 1 cup of the hot mixture into the egg yolks. Add yolk mixture to mixture in the pan. Cook and stir until the mixture just coats a metal spoon. Do not boil. Immediately pour the mixture through a fine-mesh strainer into a medium bowl, pressing firmly against the lemon peel with a spatula to release as much liquid as possible. Discard the lemon peel. Place the bowl into a larger bowl of ice water and stir occasionally until the mixture is cold. Stir in lemon juice.

Freeze mixture in a 4- or 5-quart ice cream freezer according to manufacturer's directions. Ripen 4 hours.* Makes 5 cups.

***TO RIPEN ICE CREAM:** After churning in a traditional-style ice cream freezer, remove lid and dasher and cover top of freezer can with waxed paper or foil. Plug hole in lid with a small piece of cloth; replace lid. Pack outer freezer bucket with enough ice and rock salt to cover the top of freezer can (use 4 cups ice to 1 cup salt). Ripen for 4 hours. Or, transfer ice cream to a covered freezer-proof container and ripen in a regular freezer for 4 hours.