

Pumpkin Ice Cream

Turkey Day Primer | November 2007



PREP: 20 MINUTES COOK: 6 MINUTES CHILL: 3 HOURS FREEZE: 3 1/2 HOURS

- 2 CUPS WHIPPING CREAM
- ³/₄ CUP PACKED DARK BROWN SUGAR
- 5 EGG YOLKS
- 1 TSP. PUMPKIN PIE SPICE
- ¹/₄ TSP. SALT
- 1 TSP. VANILLA
- 1 TBSP. COGNAC (OPTIONAL)
- ³/₄ CUP CANNED PUMPKIN (ABOUT ¹/₂ OF A 15-OZ. CAN)

In a medium saucepan, combine the whipping cream and brown sugar. Cook over medium heat for about 5 minutes until bubbles form around the edges of the pan, stirring to dissolve sugar.

In a small bowl beat the egg yolks, pumpkin pie spice, and salt. Gradually whisk about ¹/₂ cup of the hot cream mixture into the egg mixture; continue to whisk until smooth. Pour egg mixture into cream mixture in the pan. Cook and stir over medium heat until the mixture thickens (the mixture should be thick enough to coat the back of a spoon and leave a clear trail when a finger is drawn through it), about 4 to 6 minutes. Do not boil. Strain through a fine mesh sieve into a large bowl. Stir in the vanilla and the cognac, if desired. Whisk the pumpkin into the custard. Cover surface with plastic wrap to prevent a skin from forming; refrigerate until chilled, at least 3 hours or overnight.

Pour the pumpkin custard into a 1¹/₂- or 2-quart ice-cream maker and freeze according to the manufacturer's directions. Pack the ice cream into a freezer-safe container. Cover and freeze until firm, for at least 3 hours or up to 3 days, before serving. Makes about 5 cups.

Per 1/2-cup serving: 268 cal., 20 g fat (12 g. sat. fat), 171 mg chol., 88 mg sodium, 21 g carbo., 1 g fiber, 3 g protein.