

Strawberry Ice Cream

Ingredients

1 cup milk
2 cups crushed strawberries (can puree in blender, or just mash)
2 cups sugar (divided)
2 cups heavy whipping cream
3 eggs (you can also use just the yolks if you prefer)
1 tbsp cornstarch
1/8 tsp salt

Directions

In top of double boiler, beat eggs, add 1 cup sugar, salt, and cornstarch. Mix well. Then slowly and thoroughly stir in milk that has been heated almost to boiling (scalded). Cook this custard mixture in a double boiler over simmering water, stirring constantly until mixture thickens, this will take at least 10 minutes. It is important to cook until it is just thickened, then remove it from the heat immediately, as custard will curdle if it is over-cooked. Remove from heat; pour into large bowl and chill in refrigerator.

When the custard is cold, whip the heavy cream until stiff, and then fold the whipped cream into the cold custard. Start freezing the mixture in your ice cream maker according to the machine's directions. When it is partially frozen, but not yet stiff, add the strawberries, which have been sweetened with the remaining 1 cup of sugar. Continue freezing until ready.

This makes at least 2 quarts of the creamiest strawberry ice cream!

Why do I have to make a custard for this ice cream recipe?

Well, there are many different ways to make ice cream, some you just mix cream, milk, and sugar together and other you use junket tablets or pudding mixes. To some extent the thicker the mix the creamier and richer tasting the ice cream. It might take a little longer, but it's worth it!

How do I make other flavors?

To make other fruit flavors, like peach, banana, or the like, just substitute 2 cups of fruit puree for the strawberries. If you mix the pureed fruit with sugar right away it shouldn't brown too much, but 1 tbsp of lemon juice wouldn't hurt!

For chocolate, add 1/2 cup of semi-sweet chocolate chips to the milk while heating, and just cook the chocolate into the custard. Just use the 1 cup of sugar in the custard; don't add the other cup.

For vanilla ice cream, add 2 tbsp of vanilla extract to the cooled custard before freezing. If you want to get more elaborate, you could heat a vanilla bean in the milk, letting it steep for a while, then straining the milk before making the custard.