

Dessert

Buttermilk-Pecan Ice Cream

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Servings: 6

Preparation Time: 30 minutes

Start to Finish Time: 30 minutes

Homemade, handmade ice cream in a bag.

1/4 cup sugar

1/2 cup heavy cream

2 cups buttermilk

2/3 cup sweetened condensed milk

3/4 cup evaporated milk

1/2 teaspoon vanilla extract

1 cup candied pecans

1/2 cup coarse sea salt

caramel bananas (optional for topping)

MAKE THE MIX: In a large bowl, whisk the sugar, cream, buttermilk, condensed milk, evaporated milk, vanilla and candied pecans.

POUR INTO A BAG: Prop a one-gallon zip-top freezer bag open in a large container. Pour in the buttermilk mixture. Press out the air and seal. Chill the bag until ready to make the ice cream.

FILL THE CONTAINER: Put about 10 cups of ice in a large container, filling it about three-quarters of the way. Pour in the sea salt. Nestle the sealed bag of buttermilk mixture in the ice.

START SHAKING: Tightly cover the container with the lid. Shake vigorously for about 15 minutes or until the buttermilk mixture is thick. How long it takes depends on how vigorously you shake!!

SERVE AND EAT: For soft-serve, rinse the outside of the bag. Snip a corner off the bag and pipe the mixture into bowls. For firmer ice cream, freeze 1 hour before scooping. Top with Caramel Bananas, if desired.

Per Serving (excluding unknown items): 285 Calories; 13g Fat (41.6% calories from fat); 8g Protein; 34g Carbohydrate; 0g Dietary Fiber; 51mg Cholesterol; 169mg Sodium. Exchanges: 1/2 Non-Fat Milk; 2 1/2 Fat; 2 Other Carbohydrates.