

Dessert

Praline Ice Cream

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Preparation Time: 15 minutes

Start to Finish Time: 25 minutes

3 cups heavy or whipping cream

1 cup milk

1 cup light brown sugar, packed

4 egg yolks

1 1/2 cups pecans, coarsely chopped

In a heavy saucepan over medium heat, combine the cream, milk and sugar. Cook until the milk is hot but not boiling and the sugar is dissolved, about 10 minutes. Remove from the heat.

Place the egg yolks in a small bowl and whisk to blend. Whisking constantly, slowly pour one cup of the milk mixture into the eggs and continue to whisk until smooth.

Slowly pour the egg mixture back into the saucepan, whisking constantly until well combined. Place the saucepan over medium heat and stir the mixture constantly until it is thick enough to coat the back of a spoon, 6 to 8 minutes. The mixture should never boil.

Strain the mixture into a bowl and cool to room temperature.

Freeze in an ice cream maker according to the manufacturer's instructions. Just before the mixture has completed freezing, with the motor off, add the pecans and stir to combine.

Yield: 5 cups

Per Serving (excluding unknown items): 2013 Calories; 138g Fat (59.1% calories from fat); 32g Protein; 183g Carbohydrate; 12g Dietary Fiber; 884mg Cholesterol; 206mg Sodium. Exchanges: 2 Grain(Starch); 2 Lean Meat; 1 Non-Fat Milk; 25 1/2 Fat; 9 1/2 Other Carbohydrates.