

**Dessert**

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# Sweet Cherry Ice Cream

DashRecipes.com

*A cherry pitter easily removes the pits from cherries without destroying the fruit.*

**3 cups heavy (or whipping) cream**

**1 cup milk**

**1/2 cup granulated sugar**

**1 tablespoon pure vanilla extract**

**4 large egg yolks**

**2 cups sweet cherries, pitted and coarsely chopped**

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

Place the egg yolks in a small bowl and whisk to blend. Whisking constantly, slowly pour in one cup of the hot milk mixture and 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, about 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 manufacturers instructions.

During the last 5 minutes of freezing, stir in the chopped cherries.

Yield: 6 cups

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Per Serving (excluding unknown items): 970 Calories; 31g Fat (28.0% calories from fat); 22g Protein; 157g Carbohydrate; 6g Dietary Fiber; 884mg Cholesterol; 149mg Sodium. Exchanges: 1 Lean Meat; 3 Fruit; 1 Non-Fat Milk; 4 1/2 Fat; 6 1/2 Other Carbohydrates.