
Cinnamon Ice Cream

*Smitty's Restaurant and Lounge - Belle Vernon, PA
Pittsburgh Chefs Cook Book - 1989*

3 cups whipping cream

1 cup milk

1 cup sugar

1 stick cinnamon

7 egg yolks

1 teaspoon ground cinnamon

In a saucepan, heat the cream, sugar and cinnamon on very low heat for 15 minutes.

Whisk a little cream into the egg yolks and then return to the pan. Cook over low heat until it thickens.

Strain the mixture.

Freeze in an ice cream machine.

Dessert

Per Serving (excluding unknown items): 3825 Calories; 308g Fat (71.0% calories from fat); 42g Protein; 240g Carbohydrate; 5g Dietary Fiber; 2501mg Cholesterol; 442mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 3 Non-Fat Milk; 59 1/2 Fat; 13 1/2 Other Carbohydrates.