

London Fog Ice Cream

Noelle Myers - Grand Forks, ND

Taste of Home - June/July 2020

Yield: 5 cups

2 cups whole milk

2 cups half-and-half cream

6 tea bags Earl Grey tea

1 vanilla bean

1 can (14 ounce)

sweetened condensed milk

1/4 teaspoon salt

4 large eggs, lightly beaten

Preparation Time: 1 hour 15 minutes

Process Time: 20 minutes

In a small saucepan, heat the milk and cream to 175 degrees. Remove from the heat. Add the tea bags. Split the vanilla bean lengthwise. Using the tip of a sharp knife, scrape seeds from the center into the pan. Add the bean. Cover and steep for one hour. Discard the tea bags.

Reheat the cream mixture just to a boil. Stir in the condensed milk and salt until dissolved. Whisk a small amount of the hot mixture into the eggs. Return all to the pan, whisking constantly. Cook and stir over low heat, stirring constantly, until the mixture is just thick enough to coat a metal spoon and a thermometer reads at least 160 degrees. Do not allow the mixture to boil. Remove from the heat immediately.

Strain the mixture through a fine-mesh strainer into a large bowl. Place the bowl in a pan of ice water. Stir gently and occasionally until cool, about 5 minutes. Press plastic wrap onto the surface of the custard.

Refrigerate the custard for several hours or overnight.

Fill the cylinder of an ice cream maker no more than two-thirds full. Freeze according to the manufacturers directions. (Refrigerate any remaining custard mixture until ready to freeze.)

Transfer the ice cream to freezer containers, allowing some headspace for expansion. Freeze the ice cream until firm, two to four hours.

Per Serving (excluding unknown items): 1577 Calories; 63g Fat (35.5% calories from fat); 65g Protein; 191g Carbohydrate; 0g Dietary Fiber; 1018mg Cholesterol; 1441mg Sodium. Exchanges: 3 Lean Meat; 2 Non-Fat Milk; 10 Fat; 11 Other Carbohydrates.