



Boozy Butterscotch Ice Cream



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



2

CALORIES



1718 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups cup heavy whipping cream
- ☐ 6 egg yolk
- ☐ 1.3 teaspoons kosher salt to taste ()
- ☐ 1 cup milk
- ☐ 1 cup sugar raw (turbinado) (see note above)
- ☐ 6 tablespoons irish whiskey (see note above)

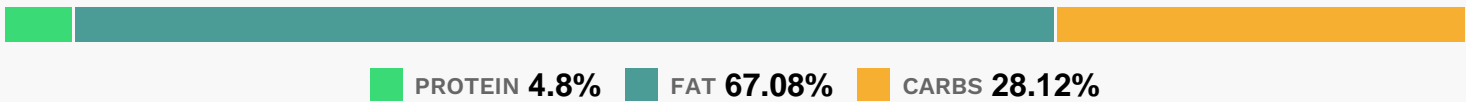
Equipment

- ☐ sauce pan
- ☐ ladle
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Melt butter in a heavy-bottomed saucepan on medium heat and cook until foaming subsides.
- ☐ Add sugar and stir to coat with butter, increasing heat to high. Cook, stirring occasionally, until sugar mixture begins to darken and butter smells slightly nutty, about 2 minutes. Quickly whisk in cream, taking care to watch for steam.
- ☐ Whisk until sugar is fully incorporated into cream and remove from heat.
- ☐ In a medium mixing bowl, whisk together milk and egg yolks until well combined. Ladle in hot cream mixture about 1/2 cup at a time, whisking constantly, until the side of the bowl is warm to the touch, two or three times.
- ☐ Pour contents of mixing bowl back into saucepan, whisking constantly until egg mixture is fully incorporated.
- ☐ Cook mixture on medium heat, whisking frequently, until a custard forms on the back of a spoon but a swiped finger leaves a clean line.
- ☐ Remove from heat and strain into an airtight container.
- ☐ Stir in whiskey, then salt to taste in quarter teaspoon increments. The level of saltiness is up to you, but the hot custard should taste slightly saltier than the desired finished ice cream. Cover container and chill overnight, or at least 6 hours.
- ☐ The next day, churn ice cream according to manufacturer's instructions.
- ☐ Transfer churned ice cream to airtight container and chill in freezer for at least 4 hours before serving.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:2.18, Inflammation Score:-9, Nutrition Score:24.700869503229%

Nutrients (% of daily need)

Calories: 1718.35kcal (85.92%), Fat: 121.16g (186.4%), Saturated Fat: 72.96g (456%), Carbohydrates: 114.25g (38.08%), Net Carbohydrates: 114.25g (41.55%), Sugar: 112.37g (124.85%), Cholesterol: 911.93mg (303.98%), Sodium: 1727.99mg (75.13%), Alcohol: 16.2g (100%), Alcohol %: 3.52% (100%), Protein: 19.53g (39.05%), Vitamin A: 4999.71IU (99.99%), Selenium: 39.91µg (57.02%), Vitamin D: 8.07µg (53.77%), Vitamin B2: 0.91mg (53.44%), Phosphorus: 479.25mg (47.92%), Calcium: 394.74mg (39.47%), Vitamin B12: 2.13µg (35.47%), Vitamin E: 4.13mg (27.54%), Vitamin B5: 2.7mg (27%), Folate: 88.99µg (22.25%), Vitamin B6: 0.35mg (17.37%), Zinc: 2.38mg (15.83%), Vitamin B1: 0.22mg (14.37%), Potassium: 502.75mg (14.36%), Iron: 2.11mg (11.71%), Vitamin K: 9.83µg (9.36%), Magnesium: 36.46mg (9.11%), Manganese: 0.09mg (4.52%), Copper: 0.09mg (4.27%), Vitamin C: 1.43mg (1.73%), Vitamin B3: 0.32mg (1.62%)