



Bourbon Pecan Ice Cream from Trace

READY IN



45 min.

SERVINGS



4

CALORIES



1251 kcal

DESSERT

Ingredients

- ☐ 2 Tablespoons bourbon
- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup butter cold
- ☐ 0.3 cup confectioners' sugar
- ☐ 5 eggs
- ☐ 1 cup flour all-purpose
- ☐ 1.5 cups half-and-half cream (or half milk, half cream)
- ☐ 1 cup heavy cream
- ☐ 0.3 cup pecans chopped

- ☐ 1 teaspoon rosewater
- ☐ 0.3 teaspoon salt
- ☐ 9 ounces bittersweet chocolate chopped
- ☐ 1 vanilla bean or good
- ☐ 1.3 cup water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ wire rack
- ☐ sieve
- ☐ kitchen thermometer
- ☐ slotted spoon
- ☐ ice cream machine

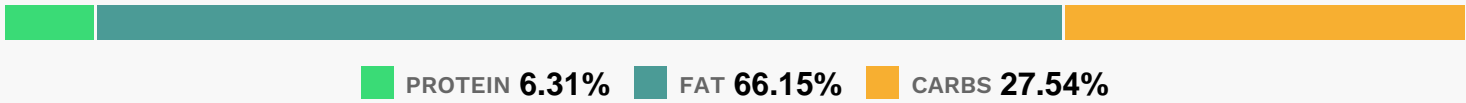
Directions

- ☐ In saucepan set over low to medium low heat, stir together brown sugar, eggs, salt and half and half until smooth. Bring to a simmer, stirring occasionally (I stirred mine constantly), and cook 2 minutes more or until mixture reaches 160F on a thermometer.
- ☐ Remove from heat and pour through a sieve and into a clean bowl. Stir in the cream, vanilla and salt.
- ☐ Let cool slightly, then cover and chill thoroughly — overnight is best. In a small pan over medium heat, sauté pecans in butter until lightly browned, stirring frequently. Strain them out of the butter with a slotted spoon and allow them to drain and cool. Chop. You do not add the extra butter to the ice cream (or at least I didn't). Stir the bourbon and chopped pecans into the cream mixture and pour it in the ice cream maker. Chill per manufacturer's directions. Make the profiteroles. Preheat an oven to 425 degrees Line a baking sheet with

parchment paper.Bring the water to a boil in a saucepan. Stir in the butter and salt until the butter has melted; remove the saucepan from the heat. Stir in the flour until no dry lumps remain; stir in the eggs, one at a time, adding the next egg only after the last one has been completely incorporated into the mixture. Drop the profiterole paste onto the prepared baking sheet in evenly spaced dollops.

- ☐ Bake in the preheated oven until the pastries have puffed up and turned golden brown, 25 to 30 minutes.
- ☐ Remove from the baking sheet and cool on a wire rack to room temperature.Beat 1 cup of heavy cream to soft peaks; stir in the confectioners’ sugar and rosewater until the sugar has dissolved. Bring the remaining cup of heavy cream to a simmer in a small saucepan over medium heat.
- ☐ Remove from the heat and stir in the chocolate until melted and smooth.To assemble, poke a hole into the bottom of each pastry and fill with the rose water cream.
- ☐ Place the filled profiteroles onto individual serving plates and top with the warm sauce. Leftover profiteroles may be stored sealed in an airtight container in the refrigerator up to 5 days.

Nutrition Facts



Properties

Glycemic Index:37.5, Glycemic Load:17.3, Inflammation Score:-9, Nutrition Score:27.603913058405%

Flavonoids

Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg, Cyanidin: 0.98mg Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg, Delphinidin: 0.66mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg, Epigallocatechin: 0.51mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg

Nutrients (% of daily need)

Calories: 1250.81kcal (62.54%), Fat: 91.63g (140.97%), Saturated Fat: 51.03g (318.96%), Carbohydrates: 85.84g (28.61%), Net Carbohydrates: 79.02g (28.73%), Sugar: 50.24g (55.82%), Cholesterol: 368.43mg (122.81%), Sodium: 540.54mg (23.5%), Alcohol: 2.51g (100%), Alcohol %: 0.72% (100%), Caffeine: 54.86mg (18.29%), Protein: 19.68g (39.37%), Manganese: 1.49mg (74.74%), Selenium: 38.37µg (54.81%), Copper: 1.02mg (51.25%), Phosphorus: 462.04mg (46.2%), Vitamin A: 2238.98IU (44.78%), Vitamin B2: 0.75mg (44%), Iron: 6.89mg (38.28%), Magnesium:

152.52mg (38.13%), Fiber: 6.82g (27.27%), Vitamin B1: 0.39mg (25.91%), Calcium: 238.4mg (23.84%), Zinc: 3.57mg (23.79%), Folate: 91.13µg (22.78%), Potassium: 710mg (20.29%), Vitamin B5: 1.71mg (17.13%), Vitamin E: 2.53mg (16.88%), Vitamin B12: 0.92µg (15.34%), Vitamin D: 2.05µg (13.68%), Vitamin B3: 2.69mg (13.46%), Vitamin B6: 0.22mg (11.04%), Vitamin K: 10.24µg (9.75%), Vitamin C: 1.27mg (1.54%)