

Burnt Honey Ice Cream with Warm Strawberry Salad

 Vegetarian  Gluten Free

READY IN



430 min.

SERVINGS



4

CALORIES



968 kcal

DESSERT

Ingredients

- 1 cup crème fraîche sour
- 9 egg yolks
- 1 cup half-and-half
- 2 cups heavy cream
- 0.5 cup honey
- 1 cup raspberries
- 16 large strawberries green trimmed

- 0.3 cup sugar
- 1 tablespoon sugar
- 0.5 vanilla pod split
- 2 inch honeycomb
- 2 inch honeycomb

Equipment

- bowl
- sauce pan
- oven
- whisk
- blender
- plastic wrap
- wooden spoon
- kitchen thermometer
- microwave
- ice cream machine
- serrated knife

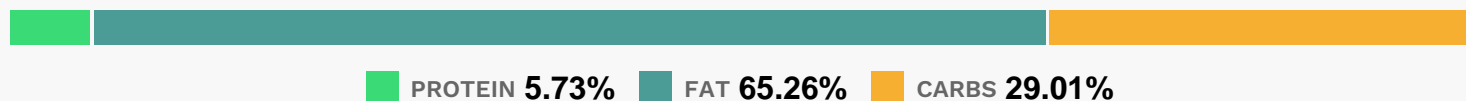
Directions

- Special equipment: Paper milk/juice container
- In a large saucepan, boil the honey to caramelize it a bit and to get a slightly burnt flavor. Take off the heat and add the cream, half-and-half, and vanilla bean, then bring to a simmer, stirring occasionally to make sure the mixture doesn't scorch on the bottom. When it reaches a fast simmer (do not let it boil), turn off the heat and set aside to infuse for 10 to 15 minutes.
- In a medium bowl, whisk together the egg yolks and sugar.
- Whisking constantly, slowly pour the still-hot cream mixture into the egg yolk mixture. Return the mixture to the saucepan and cook over medium heat, stirring constantly with a wooden spoon. At 160 degrees F, the mixture will give off a puff of steam. When the mixture reaches 180 degrees F it will be thickened and creamy, like eggnog. If you don't have a thermometer,

test it by dipping a wooden spoon into the mixture. Run your finger down the back of the spoon. If the stripe remains clear, the mixture is ready; if the edges blur, the mixture is not quite thick enough yet. When it is ready, quickly remove it from the heat.

- Meanwhile, half-fill a large bowl with ice water. Rest a smaller bowl in the ice water. Strain the mixture into the smaller bowl to smooth it and remove the vanilla bean.
- Whisk in the creme fraiche.
- Let cool, stirring often, then continue according to the directions of your ice cream maker.
- Thoroughly clean the inside and outside of the paper milk quart container then cut off the top. Cram the ice cream into the container, packing it well to get rid of all the air pockets.
- Place in freezer for at least 6 hours.
- Warm Strawberry Salad: Puree the raspberries and sugar in a blender. Strain out the seeds and taste the puree for sweetness, adding more sugar if necessary. Divide the puree on 4 ovenproof plates and spread to evenly coat the bottom of each plate. Thinly slice the strawberries and carefully fan them out on top of the raspberry puree, starting at the edge of the plate and spiraling in to the center. Use 4 berries per plate. (The dessert can be made up to this point up to 8 hours in advance. Tightly cover each plate with plastic wrap and refrigerate until ready to serve.
- Remove the plastic wrap before baking.)
- Preheat the oven to 450 degrees.
- Bake the strawberries 2 minutes, just until warmed. Or place in the microwave for 1 minute.
- Remove from the oven.
- Take the ice cream out of the freezer and lay it on its side. With a serrated knife, leaving the ice cream in its container, cut a 1 1/2-inch slice off the end.
- Remove the container band around the slice and cut it into triangles along the diagonal.
- Place a wedge of ice cream in the center of each plate (it will start to melt immediately).
- Cut the honeycomb into 4 pieces and place on top of the ice cream.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:64.61, Glycemic Load:31.9, Inflammation Score:-9, Nutrition Score:24.532608902973%

Flavonoids

Cyanidin: 15.55mg, Cyanidin: 15.55mg, Cyanidin: 15.55mg, Cyanidin: 15.55mg Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg, Petunidin: 0.21mg Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg, Delphinidin: 0.73mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 27.13mg, Pelargonidin: 27.13mg, Pelargonidin: 27.13mg, Pelargonidin: 27.13mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg, Catechin: 3.75mg Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg, Epigallocatechin: 0.98mg Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg, Epicatechin: 1.51mg Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg, Epicatechin 3-gallate: 0.16mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 968.24kcal (48.41%), Fat: 72.47g (111.49%), Saturated Fat: 41.32g (258.25%), Carbohydrates: 72.47g (24.16%), Net Carbohydrates: 68.28g (24.83%), Sugar: 65.03g (72.25%), Cholesterol: 626.97mg (208.99%), Sodium: 109.53mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.33g (28.65%), Vitamin C: 73.35mg (88.91%), Vitamin A: 2928.56IU (58.57%), Selenium: 31.24µg (44.63%), Vitamin B2: 0.71mg (41.51%), Phosphorus: 364.46mg (36.45%), Manganese: 0.68mg (34.14%), Calcium: 281.07mg (28.11%), Vitamin D: 4.09µg (27.27%), Folate: 102.22µg (25.56%), Vitamin B5: 2.14mg (21.45%), Vitamin E: 3.08mg (20.56%), Vitamin B12: 1.22µg (20.26%), Fiber: 4.19g (16.78%), Vitamin B6: 0.31mg (15.73%), Potassium: 541.82mg (15.48%), Zinc: 2.01mg (13.43%), Iron: 2.13mg (11.84%), Magnesium: 43.64mg (10.91%), Vitamin B1: 0.16mg (10.68%), Vitamin K: 10.46µg (9.96%), Copper: 0.16mg (7.76%), Vitamin B3: 0.85mg (4.26%)