



Malted Vanilla Ice Cream with Peanut Brittle and Milk Chocolate Pieces

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



1385 kcal

DESSERT

Ingredients

- ☐ 5 large egg yolk
- ☐ 1.8 cup cup heavy whipping cream
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 cup liquid malt extract (such as Carnation)
- ☐ 0.5 cup peanuts chopped
- ☐ 0.5 cup sugar
- ☐ 1 teaspoon vanilla extract

Equipment

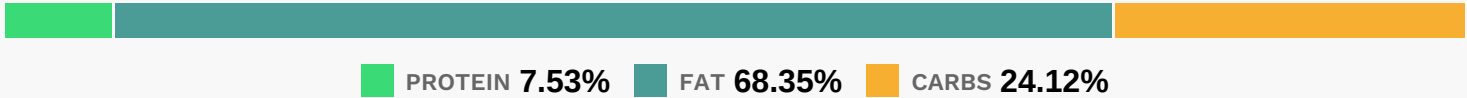
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ spatula
- ☐ ice cream machine

Directions

- ☐ Make the base
- ☐ In a medium heatproof bowl, whisk the yolks just to break them up, then whisk in the malted milk powder. Set aside.
- ☐ In a heavy nonreactive saucepan, stir together the cream, milk, sugar, and salt and put the pan over medium-high heat. When the mixture approaches a bare simmer, reduce the heat to medium.
- ☐ Carefully scoop out about 1/2 cup of the hot cream mixture and, whisking the eggs constantly, add the cream to the bowl with the egg yolks. Repeat, adding another 1/2 cup of the hot cream to the bowl with the yolks. Using a heatproof rubber spatula, stir the cream in the saucepan as you slowly pour the egg-and-cream mixture from the bowl into the pan.
- ☐ Cook the mixture carefully over medium heat, stirring constantly, until it is thickened, coats the back of a spatula, and holds a clear path when you run your finger across the spatula, 1 to 2 minutes longer.
- ☐ Strain the base through a fine-mesh strainer into a clean container. Set the container into an ice-water bath, wash your spatula, and use it to stir the base occasionally until it is cool.
- ☐ Remove the container from the ice-water bath, cover with plastic wrap, and refrigerate the base for at least 2 hours or overnight.
- ☐ Freeze the ice cream
- ☐ Add the vanilla to the chilled base and stir until blended.

- ☐ Freeze in your ice cream machine according to the manufacturer's instructions and put the container you'll use to store the ice cream into the freezer.
- ☐ Add the milk chocolate and the peanut brittle in the last minute or so of churning, or fold them in by hand after the ice cream comes out of the machine. Enjoy right away or, for a firmer ice cream, transfer to a container and freeze for at least 4 hours.
- ☐ Reprinted with permission from Sweet Cream & Sugar Cones: 90 Recipes for Making Your Own Ice Cream and Frozen Treats from Bi-Rite Creamery by Kris Hoogerhyde, Anne Walker, and Dabney Gough, copyright © 201
- ☐ Published by Ten Speed Press, a division of Random House, Inc.KRIS HOOGERHYDE and ANNE WALKER opened the acclaimed Bi-Rite Creamery in 200
- ☐ A veteran of the food business, Kris found her calling as a baker working with Anne at San Francisco's 42 Degrees Restaurant. Anne's career has spanned more than two decades as a pastry chef at some of San Francisco's finest restaurants, including Cypress Club, Stanford Court Hotel, and Slow Club. DABNEY GOUGH is a graduate of California Culinary Academy and a contributor to Fine Cooking.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:35.23, Inflammation Score:-9, Nutrition Score:30.686956540398%

Nutrients (% of daily need)

Calories: 1384.96kcal (69.25%), Fat: 107.68g (165.66%), Saturated Fat: 56.23g (351.46%), Carbohydrates: 85.52g (28.51%), Net Carbohydrates: 82.02g (29.83%), Sugar: 71.35g (79.28%), Cholesterol: 701.82mg (233.94%), Sodium: 502.58mg (21.85%), Alcohol: 0.69g (100%), Alcohol %: 0.23% (100%), Protein: 26.68g (53.37%), Vitamin A: 3744.13IU (74.88%), Vitamin B2: 0.96mg (56.71%), Selenium: 38.1µg (54.43%), Phosphorus: 540.15mg (54.02%), Manganese: 1.07mg (53.52%), Folate: 172.35µg (43.09%), Vitamin B3: 7.6mg (38.02%), Vitamin D: 5.63µg (37.51%), Vitamin B1: 0.52mg (34.72%), Calcium: 324.98mg (32.5%), Magnesium: 114.63mg (28.66%), Vitamin B5: 2.64mg (26.43%), Vitamin B6: 0.48mg (23.87%), Vitamin B12: 1.41µg (23.53%), Copper: 0.45mg (22.59%), Potassium: 756.62mg (21.62%), Vitamin E: 3.12mg (20.83%), Zinc: 2.57mg (17.12%), Iron: 3.04mg (16.91%), Fiber: 3.5g (13.99%), Vitamin K: 8.65µg (8.24%), Vitamin C: 2.16mg (2.61%)