



## Peach Cobbler Ice Cream

 Vegetarian

READY IN



685 min.

SERVINGS



12

CALORIES



333 kcal

DESSERT

### Ingredients

- 1.3 cups whipping cream (heavy)
- 1 cup milk whole (preferably )
- 1 Dash salt
- 1.3 cups granulated sugar
- 1 vanilla split
- 7 egg yolk
- 0.8 lb peaches fresh frozen sliced
- 1 tablespoon juice of lemon

- 2 tablespoons vodka (preferably peach vodka)
- 0.5 cup oats
- 0.3 cup flour all-purpose
- 0.3 cup walnut pieces chopped
- 0.3 cup t brown sugar dark packed
- 0.3 cup butter firm cut into 16 pieces
- 1 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg

## Equipment

- food processor
- bowl
- frying pan
- sauce pan
- ladle
- baking paper
- oven
- whisk
- wire rack
- sieve
- plastic wrap
- aluminum foil
- spatula
- slotted spoon
- dutch oven

## Directions

- In 3-quart saucepan, heat whipping cream, milk, 1/2 cup of the granulated sugar, salt and vanilla bean (if you are using 1 teaspoon vanilla, do not add here) uncovered to a gentle

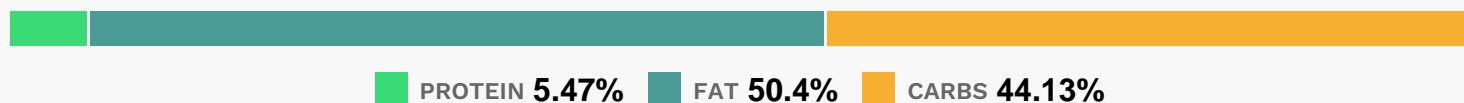
simmer over medium heat. Simmer about 15 minutes, stirring occasionally.

- Remove from heat. Cover and let stand 20 minutes. (This standing time will infuse the cream with vanilla flavor; skip it if not using vanilla bean.)
- Remove and discard vanilla bean.
- In medium bowl, beat 1/3 cup granulated sugar and egg yolks with wire whisk 3 minutes or until yolks lighten to lemon yellow. Ladle about 1 cup warm cream mixture into egg yolks and beat with wire whisk to combine. Repeat with another cup of cream mixture.
- Add yolk mixture to remaining cream mixture in saucepan.
- Stir constantly with rubber spatula, making sure to scrape the bottom of pan.
- Heat over medium heat 10 to 15 minutes or until mixture thickens slightly and coats back of metal spoon. (Do not boil or overheat mixture because eggs will curdle.)
- Pour into medium bowl, using a strainer if there are any lumps. (If using 1 teaspoon vanilla instead of vanilla bean, add it now.) Cover with plastic wrap, pushing wrap onto custard surface to prevent film from forming. Cool at room temperature 15 minutes. Refrigerate at least 8 hours but no more than 24 hours.
- Place ice-cream maker bowl in freezer.
- (If using frozen peaches, skip step 4.) In 4-quart Dutch oven, heat 2 quarts water to boiling.
- Add fresh peaches and allow them to bob in water 30 seconds. Use slotted spoon or strainer to remove peaches and immediately plunge into bowl of ice water to cool.
- Remove skins from peaches.
- Cut peaches in half and twist to separate halves.
- Remove and discard pits.
- Cut each peach half into 4 pieces.
- In bowl of food processor, pulse peaches, lemon juice and remaining 1/2 cup granulated sugar until peaches are roughly chopped but not pureed (you are aiming for a chunky peach sauce). Stir in vodka if using. You should have about 2 cups chopped peaches. Refrigerated chopped peaches until cold, at least 1 hour.
- Place large bowl in freezer at least 1 hour before churning ice cream. Strain the chilled peaches and collect any accumulated juice in a medium bowl.
- Combine the peach liquid with the cold ice cream custard mixture and stir well. Refrigerate drained peaches until needed. Freeze custard in ice-cream maker following manufacturer's directions until thick (like soft-serve ice cream). Scrape ice cream from ice-cream maker into

the cold bowl. Quickly add chopped peaches; gently stir until peaches are evenly distributed.

- Smooth top of ice cream flat and cover directly with plastic wrap. Cover top of bowl with more plastic wrap and then with foil. Freeze ice cream 8 hours or overnight.
- Heat oven to 350°F. Line 15x10x1-inch pan with cooking parchment paper; set aside.
- In bowl of food processor, pulse all topping ingredients 8 times or until nuts and butter are well mixed and crumbly.
- Spread crumbs evenly on parchment in pan.
- Bake 8 minutes and then stir well.
- Bake 8 minutes longer or until crumbs are golden and crunchy. Do not let crumbs burn. There should be some large crumbs and some small; break up some of the larger chunks if necessary. Cool pan completely on wire rack.
- Before serving, remove ice cream from freezer and place in refrigerator about 30 minutes to soften. To serve, scoop ice cream into serving bowls and sprinkle with topping. Ice cream can be stored tightly covered up to 1 week.

## Nutrition Facts



### Properties

Glycemic Index:37.36, Glycemic Load:20.11, Inflammation Score:-5, Nutrition Score:6.6486956140269%

### Flavonoids

Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg, Cyanidin: 0.61mg Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg, Catechin: 1.39mg Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg, Epigallocatechin: 0.29mg Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg, Epicatechin: 0.66mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

### Nutrients (% of daily need)

Calories: 332.74kcal (16.64%), Fat: 18.84g (28.98%), Saturated Fat: 10.1g (63.15%), Carbohydrates: 37.11g (12.37%), Net Carbohydrates: 36.01g (13.09%), Sugar: 30.99g (34.44%), Cholesterol: 155.89mg (51.96%), Sodium: 59.02mg

(2.57%), Alcohol: 0.86g (100%), Alcohol %: 0.84% (100%), Protein: 4.6g (9.19%), Vitamin A: 784.78IU (15.7%), Manganese: 0.31mg (15.54%), Selenium: 10.34µg (14.78%), Phosphorus: 112.46mg (11.25%), Vitamin B2: 0.17mg (10.19%), Vitamin D: 1.21µg (8.09%), Folate: 28.39µg (7.1%), Calcium: 68.63mg (6.86%), Vitamin B1: 0.1mg (6.44%), Vitamin B12: 0.36µg (6.08%), Vitamin E: 0.89mg (5.93%), Vitamin B5: 0.57mg (5.67%), Magnesium: 21.59mg (5.4%), Iron: 0.86mg (4.77%), Copper: 0.09mg (4.74%), Zinc: 0.67mg (4.49%), Fiber: 1.1g (4.4%), Vitamin B6: 0.09mg (4.32%), Potassium: 138.19mg (3.95%), Vitamin B3: 0.54mg (2.7%), Vitamin K: 2.4µg (2.28%), Vitamin C: 1.84mg (2.24%)