



## Scooped: Brown Ale and Buckwheat Honey Ice Cream

 Vegetarian

READY IN



600 min.

SERVINGS



2

CALORIES



1767 kcal

DESSERT

### Ingredients

- ☐ 12 oz ale (Brooklyn Brewery, ideally)
- ☐ 1 bay leaves
- ☐ 1 tsp peppercorns black
- ☐ 1 cardamom crushed
- ☐ 1 cinnamon sticks whole
- ☐ 6 large egg yolk
- ☐ 3 cups cup heavy whipping cream whole (or 1.5 cups milk, 1.5 cups heavy cream)

- ☐ 0.3 cup honey raw (preferably , see note)
- ☐ 0.3 cup sugar divided
- ☐ 0.5 tsp vanilla extract

## Equipment

- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ wooden spoon
- ☐ kitchen thermometer
- ☐ ice cream machine

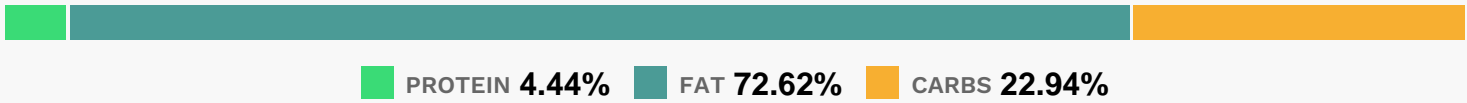
## Directions

- ☐ Heat half-and-half, cinnamon, cloves, peppercorns, cardamom and bay leaf in medium heavy-bottomed saucepan over medium-low heat until fragrant, about 40 minutes. If mixture bubbles, reduce heat until it is just barely steaming.
- ☐ Add 1/3 bottle (4 ounces) beer and 1/3 cup sugar to small heavy-bottomed saucepan and heat over medium heat, swirling gently, until deeply caramelized, about 5 minutes. Slowly pour beer and sugar into half-and-half, stirring constantly.
- ☐ Whisk egg yolks with remaining 2 tablespoons sugar until pale yellow in color and mixture falls in wide ribbons from whisk. Slowly pour 1 cup half and half mixture into eggs, whisking constantly.
- ☐ Pour egg mixture back into pot with half and half, whisking constantly.
- ☐ Heat over medium heat, whisking constantly, until mixture thickens slightly and registers 160 degrees on instant read thermometer, about 5 minutes (mixture should coat back of wooden spoon).
- ☐ Pour ice cream base through fine meshed strainer into a mixing bowl, and allow to cool to room temperature.

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Add the honey and remaining beer and whisk to combine. Chill overnight in refrigerator. Freeze in ice cream maker according to manufacturer's instructions.

# Nutrition Facts



## Properties

Glycemic Index:102.43, Glycemic Load:50.31, Inflammation Score:-10, Nutrition Score:27.740869511729%

## Flavonoids

Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg, Catechin: 0.65mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg, Kaempferol: 1.38mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

## Nutrients (% of daily need)

Calories: 1767.39kcal (88.37%), Fat: 142.66g (219.48%), Saturated Fat: 87.03g (543.91%), Carbohydrates: 101.44g (33.81%), Net Carbohydrates: 99.54g (36.2%), Sugar: 90.55g (100.61%), Cholesterol: 954.21mg (318.07%), Sodium: 131.17mg (5.7%), Alcohol: 6.99g (100%), Alcohol %: 1.32% (100%), Protein: 19.61g (39.22%), Vitamin A: 6003.61IU (120.07%), Vitamin B2: 1.02mg (59.91%), Selenium: 41.11µg (58.72%), Vitamin D: 8.47µg (56.44%), Manganese: 0.96mg (48.22%), Phosphorus: 438.53mg (43.85%), Calcium: 343.58mg (34.36%), Vitamin E: 4.66mg (31.09%), Vitamin B12: 1.6µg (26.66%), Vitamin B5: 2.58mg (25.81%), Folate: 100.64µg (25.16%), Vitamin B6: 0.41mg (20.39%), Zinc: 2.31mg (15.4%), Vitamin K: 15.93µg (15.17%), Potassium: 520.5mg (14.87%), Iron: 2.56mg (14.22%), Vitamin B1: 0.17mg (11.64%), Magnesium: 46.16mg (11.54%), Fiber: 1.89g (7.57%), Copper: 0.15mg (7.49%), Vitamin B3: 1.25mg (6.23%), Vitamin C: 2.72mg (3.3%)