



## Scotch Vanilla Bean Ice Cream

 Vegetarian

READY IN



120 min.

SERVINGS



2

CALORIES



1471 kcal

DESSERT

### Ingredients

- 2 cups cup heavy whipping cream
- 8 egg yolk
- 1 teaspoon kosher salt to taste (see note)
- 3 tablespoons scotch whiskey (recommended: Glenlivet 12)
- 0.8 cup sugar
- 1 vanilla pod split (Mexican or Bourbon)
- 1 teaspoon vanilla extract (see note)
- 1 cup milk whole

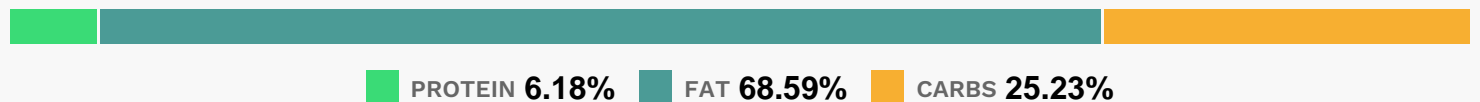
## Equipment

- bowl
- sauce pan
- whisk

## Directions

- In a heavy saucepan, bring cream and milk to a bare simmer. Stir in vanilla bean and seeds, cover, and let steep for one hour.
- Remove bean, wash away dairy, and set aside to dry. Spent bean can be added to a jar of sugar to make vanilla sugar.
- Whisk together egg yolks and sugar in a bowl until well-combined and light in color. Slowly pour yolk mixture into dairy mixture, whisking well to combine. Cook custard on low heat, whisking frequently, until it thickens, coating the back of a spoon but leaving a clean line when swiped with a finger.
- Strain into an airtight container, then stir in vanilla extract and Scotch.
- Add salt to taste. Chill overnight, then churn the next day according to manufacturer's instructions. Eat immediately as soft-serve or let firm up in freezer for two to three hours.

## Nutrition Facts



## Properties

Glycemic Index:61.55, Glycemic Load:54.53, Inflammation Score:-9, Nutrition Score:26.921739199887%

## Nutrients (% of daily need)

Calories: 1470.88kcal (73.54%), Fat: 109.52g (168.49%), Saturated Fat: 63.89g (399.28%), Carbohydrates: 90.64g (30.21%), Net Carbohydrates: 90.64g (32.96%), Sugar: 88.35g (98.16%), Cholesterol: 1061.18mg (353.73%), Sodium: 1308.85mg (56.91%), Alcohol: 8.79g (100%), Alcohol %: 2.07% (100%), Protein: 22.21g (44.42%), Vitamin A: 4734.48IU (94.69%), Selenium: 50.23µg (71.76%), Vitamin D: 9.04µg (60.25%), Vitamin B2: 1.01mg (59.55%), Phosphorus: 542.85mg (54.29%), Vitamin B12: 2.44µg (40.73%), Calcium: 401.71mg (40.17%), Vitamin B5: 3.22mg (32.15%), Folate: 114.64µg (28.66%), Vitamin E: 4.11mg (27.39%), Vitamin B6: 0.41mg (20.51%), Zinc: 2.74mg (18.3%), Vitamin B1: 0.24mg (16.31%), Potassium: 492.51mg (14.07%), Iron: 2.26mg (12.54%), Magnesium: 35.17mg (8.79%), Vitamin K: 8.49µg (8.08%), Copper: 0.09mg (4.68%), Manganese: 0.06mg (2.96%), Vitamin C: 1.43mg (1.73%),

Vitamin B3: 0.32mg (1.59%)