



Tonka Bean Ice Cream with Scotch Caramel Swirl

 Vegetarian

READY IN



720 min.

SERVINGS



3

CALORIES



328 kcal

DESSERT

Ingredients

- ☐ 6 egg yolk
- ☐ 0.3 cup half and half
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup scotch whiskey
- ☐ 0.5 cup sugar
- ☐ 2 vanilla pod
- ☐ 2 tablespoons water

Equipment

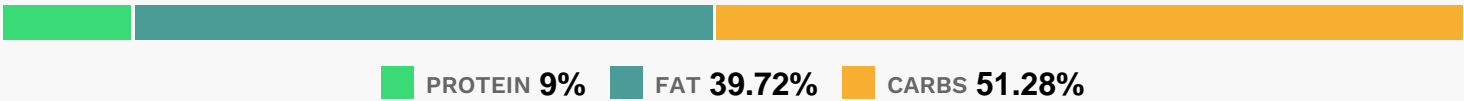
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ mixing bowl
- ☐ sieve
- ☐ spatula
- ☐ ice cream machine
- ☐ microplane

Directions

- ☐ Combine half and half with sugar in medium saucepan. Grate tonka bean into liquid with microplane. Bring to a simmer over medium heat, stirring occasionally to be sure sugar is completely dissolved.
- ☐ Remove from heat and allow to steep for 15 minutes.
- ☐ Place yolks in medium mixing bowl.
- ☐ Whisking constantly, pour half-and-half mixture into bowl with yolks, then scrape mixture into saucepan and cook over medium-low heat, stirring constantly with spatula and scraping bottom often to prevent curdling. Once thick enough to coat spatula, remove from heat and strain immediately through fine mesh strainer. Chill over ice, then place in a lidded container and allow to rest overnight in the refrigerator.
- ☐ Place sugar, water, and salt in medium saucepan and set over medium-high heat. Allow to come to a boil, then watch carefully until sugar begins to caramelize. Gently swirl to promote even caramelization. Once caramel reaches a dark honey color, remove from heat. Allow to darken slightly more off the heat to almost the color of maple syrup. Slowly and away from yourself, drizzle in scotch and cream. It will bubble and sputter and your caramel will seize so be careful.
- ☐ Place over low heat, whisking gently every few minutes, until seized caramel is fully melted. Set aside and allow to cool. Chill thoroughly before churning ice cream.
- ☐ When you're ready to churn, pour chilled base into ice cream maker and process according to manufacturer's instructions. When ice cream is ready, pack a thin layer into the bottom of a

heavy duty plastic or metal container, then drizzle with caramel. Repeat until all ice cream and caramel has been layered into container. Freeze at least 1 hour until firm.

Nutrition Facts



Properties

Glycemic Index:28.36, Glycemic Load:23.27, Inflammation Score:-2, Nutrition Score:7.1817392130261%

Nutrients (% of daily need)

Calories: 327.67kcal (16.38%), Fat: 12.47g (19.18%), Saturated Fat: 4.86g (30.35%), Carbohydrates: 36.21g (12.07%), Net Carbohydrates: 36.21g (13.17%), Sugar: 34.32g (38.13%), Cholesterol: 395.86mg (131.95%), Sodium: 417.99mg (18.17%), Alcohol: 7.08g (100%), Alcohol %: 7.27% (100%), Protein: 6.36g (12.71%), Selenium: 21.01µg (30.01%), Phosphorus: 160.15mg (16.01%), Vitamin B2: 0.24mg (13.87%), Folate: 53.17µg (13.29%), Vitamin D: 1.94µg (12.96%), Vitamin B12: 0.74µg (12.34%), Vitamin A: 590.51IU (11.81%), Vitamin B5: 1.13mg (11.35%), Calcium: 68.89mg (6.89%), Vitamin B6: 0.14mg (6.8%), Vitamin E: 0.98mg (6.53%), Zinc: 0.92mg (6.11%), Iron: 1.02mg (5.65%), Vitamin B1: 0.07mg (4.73%), Potassium: 66.8mg (1.91%), Copper: 0.04mg (1.83%), Manganese: 0.02mg (1.2%)