

Walnut

Ingredients

- 1 cup dark maple syrup (preferably Grade A Dark Color and Robust Taste)
- 2 cups heavy whipping cream
- 1 cup light cream or evaporated milk
- Dash of salt
- 2 large eggs
- 1/2 cup chopped walnuts
- Optional: 1/3 cup maple flakes
- Garnish: 1/4 cup maple flakes or chopped walnuts

Instructions

1. Put the maple syrup in a heavy medium saucepan and place it over medium-high heat. Bring to a boil, reduce the heat to medium, and continue boiling for about 3 to 4 minutes, or until it has reduced to approximately 3/4 cup.
2. Stir in the heavy cream and light cream along with a dash of salt. Bring the mixture to a boil and remove it from the heat.
3. In a medium bowl, whisk the eggs until well blended. While whisking briskly, add about one-third to half of the hot milk and syrup mixture in a slow, steady stream. Add the egg mixture back into the saucepan mixture and whisk to blend.
4. Place the saucepan over low heat and continue cooking, stirring or whisking constantly, until the mixture is quite hot. Do not let the mixture boil. If you have an instant-read thermometer, look for a temperature of about 180 F. (The minimum safe temperature for egg dishes is 160 F.) The mixture will be slightly thickened and hot.
5. Place a fine-mesh sieve over a bowl. Pour the mixture through the sieve into the bowl. Cover the bowl and refrigerate the mixture for 3 to 4 hours, or until it is thoroughly chilled.
6. Freeze the custard in an ice cream machine (follow the manufacturer's directions for your specific brand) until frozen but still soft. With motor running, add the chopped walnuts and maple flakes, if using. Continue churning until the ice cream is frozen. Transfer the ice cream to a container. Cover the container tightly and freeze until solid.
7. Serve topped with additional maple flakes and/or chopped walnuts.