

= Bacon ice cream =

Bacon ice cream (or bacon @-@ and @-@ egg ice cream) is a modern invention , generally created by adding bacon to egg custard and freezing the mixture . The concept of bacon ice cream originated in a 1973 sketch on the British comedy series The Two Ronnies as a joke ; however , it was eventually created for April Fools ' Day . Heston Blumenthal experimented with the creation of ice cream , making a custard similar to scrambled eggs then adding bacon to create one of his signature dishes . It now appears on dessert menus in other restaurants .

= = Origins = =

Ice cream is generally expected to be a sweet food , eaten at dessert , even though there is evidence of savoury ice creams being created in Victorian times . Bacon ice cream originated as a joke , a flavour that no one would willingly eat , in the 1973 " Ice Cream Parlour Sketch " by The Two Ronnies , where a customer requests cheese and onion flavoured ice cream followed by smokey bacon .

Bacon and egg ice cream was eventually created as an April Fools ' Day experiment at Aldrich 's Beef and Ice Cream Parlor in Fredonia , New York . In 1982 , co @-@ owner Scott Aldrich was challenged by a gravy salesman to make gravy ice cream , which he did for April Fools ' Day that year . Although it was reportedly " their most disgusting " creation , Aldrich 's went on to release other shocking flavours on April Fools ' Day , such as " chocolate spaghetti ice cream " (Julia Aldrich 's first of many contributions) , " ketchup and mustard swirl " , " Pork and beans " or " sauerkraut and vanilla " in 1991 . In 1992 , they made 15 US gallons (57 l ; 12 imp gal) of bacon and egg ice cream which he gave away free to anyone who would try it . Despite their names , the ice creams generally received positive reviews .

In 2003 an ice cream parlour , " Udder Delight " , opened in Rehoboth Beach , Delaware , specialising in " outlandish " ice cream flavours . Amongst other flavours , such as their award @-@ winning peanut butter and jelly ice cream , they have created a bacon ice cream which tastes like butter pecan ? implying that the ice cream was a butter pecan with candied bacon . The owner , Chip Hearn , had included the flavour along with 17 others in an invitation @-@ only focus group , where the tasters were allowed to suggest changes and give opinions on the flavour .

= = Recipes = =

As bacon ice cream was first created in 1992 and only came to the forefront in the 2000s , there is no traditional recipe . Recipes generally involve adding bacon to a standard sweet ice cream recipe , often vanilla but other suggestions include coffee , rum or pecan . The saltiness of the bacon will then highlight the sweet flavour of the rest of the ice cream . According to one Wired.com article , the bacon should be candied prior to addition , a process which involves baking the bacon in a sugar syrup . This has the benefit of sweetening the bacon , in a similar manner to pancakes in some parts of the United States .

= = = Heston Blumenthal variation = = =

Heston Blumenthal 's recipe uses ice cream without flavouring , but that tastes of egg . In his book The Big Fat Duck Cookbook , his recipe is broken down into five constituent parts including the ice cream , caramelised French toast , a tomato compote , a thin slice of pancetta hardened with maple syrup and a tea jelly . Considerable time is taken for the creation of the ice cream : the bacon is lightly roasted with the fat on , then infused in milk for 10 hours . This infused mix is precisely heated with egg and sugar to over @-@ cook the eggs ? increasing the eggy flavour . The resulting mixture is sieved , put through a food processor , churned and frozen . Blumenthal has since updated his recipe , to include an additional ten @-@ hour period of soaking the bacon in a vacuum @-@ packed bag prior to baking . He has also changed the presentation so that the unfrozen ice cream is

injected into empty egg shells , and then dramatically scrambled at the customer 's table in liquid nitrogen , giving the impression of cooking .

= = Heston Blumenthal = =

Heston Blumenthal , a chef who owns The Fat Duck in Bray , Berkshire and is famous for creating unusual dishes by following the principles of molecular gastronomy . Using these principles the restaurant has won three Michelin stars among other achievements . As early as 2001 , he was using the principle of " flavour encapsulation " to create savoury ice cream flavours such as mustard grain and crab . Blumenthal , in an article explaining the concept of " flavour encapsulation " , explained that flavour is much more intense in encapsulated bursts , rather than being dispersed in a solution , stating that the more that the eggs are cooked , the more that the proteins stick together . This creates pockets of egg flavour in the ice cream , which release as it melts in customers ' mouths .

" [Blumenthal 's] bacon and egg ice cream came about through his interest in ' flavour encapsulation ' : the principle of which means a single coffee bean crushed in your teeth while drinking hot water will taste much more of coffee than the same crushed bean dissolved in the water . One day , using that principle , he over @-@ cooked the egg custard for an ice cream , so that it practically became scrambled . He puréed that and made an ice cream from it , that had an immense egg flavour ... [which] was not particularly pleasant . Which was when he decided to see if he could incorporate the sweet tones of smoked bacon into an egg ice cream . Boy , did it work . "

Blumenthal explains that traditional ice cream is frozen egg custard with flavours added . Using his method to create ice cream , he whisks egg yolks with sugar until the sugar interacts with the proteins in the yolk , creating a network of proteins . The entire substance turns white , at which point any flavouring can be added and cooked in . While stirring the mixture , Blumenthal cools it as fast as possible using liquid nitrogen .

Blumenthal 's bacon and egg ice cream , now one of his signature dishes , along with his other unique flavours , has given him a reputation as ' The Wizard of Odd ' and has made his restaurant a magnet for food enthusiasts . In the 2006 New Years Honours List , Blumenthal was awarded Officer of the Most Excellent Order of the British Empire (OBE) , the United Kingdom 's fourth highest order of chivalry , for his services to food . Blumenthal has stated that one ambition is to create an ice cream with flavours released in time @-@ separated stages , for example bacon and egg followed by orange juice or tea . Once he perfects the technique of separating the flavours , he would attempt mussels followed by chocolate .

= = Reception = =

Bacon ice cream has received a mixed reception ; as a combination of sweet and savoury flavours , it was designed to be controversial . In 2004 , rival chef Nico Ladenis showed his disapproval for the Michelin Star system by suggesting that bacon ice cream shows such a desperate need for originality in very graphic language . Blumenthal pointed out that Ladenis had never actually tried the aforementioned ice cream .

Trevor White has suggested that the Heston Blumenthal has latched onto a culture where we cannot get enough of the new and are spoiled by choice , comparing the food to a " freak @-@ show " . Janet Street @-@ Porter is highly critical of Blumenthal 's cooking philosophy , explaining that it was pretentious . She attempted to make his egg @-@ and @-@ bacon ice cream from the recipe published in his book , The Big Fat Duck Cookbook , altering the recipe slightly due to her hectic workload and guessing when she did not have the right tools . The end result she described as nauseating and " too sickly for words " .

The ice cream also sparked debate within the Los Angeles Times , where the food writer Noelle Carter described bacon ice cream as perfection but the health section put up a photograph of a heart bypass and the headline " Bacon ice cream . No good can come of it " . The Delaware " Udder Delight " ice cream maker , Chip Hearn , who made bacon ice cream appears to have done so partly

as a gimmick to get people into his shop , since he allows customers to taste any flavour in the store . He explains that his flavours differentiate him from the many other parlours on the shore and many people come in to try bacon ice cream only to buy something else .

A re @-@ creation by a chef @-@ in @-@ training has been highlighted in the webcomic Three Panel Soul 's 2008 post called " On Surprises . " The recipe was posted to their forums , and saved on other sites like the entry for it on OK Cupid .

= = Notable uses = =

Bacon ice cream has been re @-@ created by other chefs in recent years . For example , it appears on the menu at Espai Sucre in Barcelona , a restaurant that specialises in desserts , with descriptions such as " innovative " and " spectacular " . In the United States , bacon was one of the themes for dessert at the Fancy food show . In 2006 , two separate contestants created versions of bacon ice cream in the reality series Top Chef . Celebrity chef Bob Blumer won a Texas ice cream making competition with a bacon ice cream . Originally planning to use candied bacon , he changed at the last moment to do a bacon brittle ice cream . Chef Michael Symon made bacon ice cream in the first season of the Food Network 's The Next Iron Chef competition . Andrew Knowlton , a judge , dismissed it as not original . But Symon managed to progress in the competition and eventually win . Burger King rolled out a " bacon sundae " , vanilla ice cream with caramel , chocolate , bacon bits , and one strip of bacon , in the summer of 2012 in the US . It was tested in Nashville in April .