



Cinnamon Ice Cream

by Ree | The Pioneer Woman on April 23, 2014 in Desserts, Ice Cream



1 Rating(s) 5.00 Mitt(s)

Prep: 1 hr

Cook: 20 mins

Level: Intermediate

Serves: 12

Description

If you haven't tried homemade cinnamon ice cream, you've missed out on a miraculous treat! Utterly divine.

Ingredients

- 3 cups Half-and-half
- 2 cups Sugar
- 3 whole Cinnamon Sticks
- 1 whole Vanilla Bean (or 1 Teaspoon Vanilla Extract)
- 9 whole Egg Yolks
- 3 cups Heavy Cream
- 1-½ teaspoon Ground Cinnamon

Preparation

In a medium saucepan over medium-low heat, combine the half-and-half and sugar. Stir it to combine, then add the cinnamon sticks, the caviar from the vanilla bean, and the empty vanilla bean pod. Stir the mixture around and heat it up until it's very hot but not boiling.

Meanwhile, add the egg yolks to a medium bowl and whisk them vigorously for about 2 minutes, until the yolks are slightly lighter in color.

Remove and discard the cinnamon sticks and vanilla bean pod from the saucepan. Grab a ladle of the hot half-and-half mixture and drizzle it very slowly into the yolks, whisking them constantly to temper the egg yolks. Repeat with another ladle of the hot liquid. When it's mixed in, slowly pour the entire egg mixture into the pan

with the half-and-half, stirring with a spoon. Once added, stir and cook it for 2 minutes or so, until the mixture is thick enough to coat the spoon.

Set a fine mesh strainer over a clean glass bowl and strain the custard. Don't worry if it's a little lumpy!

Add the heavy cream to the bowl, add the ground cinnamon, and stir it all together. Chill the mixture for an hour or so, then pour it into the ice cream machine and process it according to your machine's directions. When it's finished churning, it will be in the soft-serve stage; transfer it to a freezer container and freeze for several hours or overnight until it's frozen firm.

Delicious!