

LEMON ICE CREAM

INGREDIENTS

2 cups heavy whipping cream
1 cup half-and-half cream
1 1/8 cups white sugar
3 tablespoons grated lemon zest
5 egg yolks
3/4 cup fresh lemon juice

METHOD

Step 1:

Combine heavy cream, half and half, sugar, and lemon zest in a saucepan; bring to a simmer over low heat. Cook and stir until sugar is dissolved, about 5 minutes. Remove from heat. Cover saucepan and allow the mixture to steep for 10 minutes.

Step 2:

Uncover pan and bring back to a simmer over low heat. Beat the egg yolks in a bowl. Gradually stir one cup of the hot cream mixture into the eggs, several tablespoons at a time. This will help to bring the eggs up to temperature without scrambling them.

Step 3: Stir the egg mixture back into the cream mixture in the saucepan. Cook and stir over low heat until the mixture just coats the back of a spoon, 5 to 10 minutes. Transfer to a large bowl; cover. Refrigerate overnight.

Step 4: Stir the lemon juice into the cold ice cream mixture. Freeze in an ice cream maker according to manufacturer's directions.

Step 5: Transfer ice cream to a lidded freezer container, and freeze for 4 hours to ripen flavors before serving.

THE COOKERY

by The Secret Jozi Chef