

Salted Caramel Ice Cream

Yield: Almost one quart

Ice Cream Ingredients

- ¾ cup sugar, divided
- 2 cups heavy cream
- 1 cup whole milk
- ⅛ teaspoon sea salt
- 4 large egg yolks
- ¼ teaspoon flaky sea salt



Steps

1. In a medium pot over medium heat, melt ½ cup sugar with 2 tablespoons water, swirling the pot frequently, until the sugar turns a deep brown – not black. This is a tricky process because the sugar can go from light brown to burnt in a matter of minutes.
2. At this point I like to remove the pot from the heat and add the heavy cream as it will bubble up. Once the cream is in add the milk and remaining ¼ cup sugar. Return pot to heat and simmer until the caramel that has hardened is completely melted – make sure you are stirring often. Remove pot from heat.
3. In a separate bowl whisk the egg yolks. Then, while whisking constantly, slowly stream in the hot caramel/cream mixture. Then pour that mixture back into the pot and return it to medium-high heat. Gently cook until the mixture is thick enough to coat the back of a spoon.
4. Strain the mixture through a fine-mesh sieve and cool to room temperature. Cover and chill the bowl in the refrigerator overnight.
5. Churn the mixture in an ice cream machine according to the manufacturer's instructions. Sprinkle flaky sea salt into the ice cream around the last two minutes of churning (mine takes about 25 minutes of churning to get soft-serve consistency). You can eat it like that or put in a container and freeze to firm it up more.