

Peppermint Ice Cream

<http://userealbutter.com/2007/09/21/peppermint-ice-cream-recipe/>

The Perfect Scoop by David Lebovitz

2 1/2 cups heavy whipping cream
1 1/2 cups milk (whole)
8 egg yolks
3/4 cup sugar
1/4 tsp salt
2 tsps peppermint extract
1/2 cup peppermint candy, crushed

Heat the milk, sugar, and salt in a saucepan until sugar and salt are dissolved (don't let boil). Set the cream in a bowl nested in a larger bowl of ice. Place a sieve on top of the bowl with the cream. In another bowl, whisk the egg yolks. Slowly pour in the warm milk mixture while whisking constantly (take care not to cook the eggs – this is why you temper them with the warm milk slowly). Pour the contents back into your saucepan. Heat the mixture over medium flame and stir constantly with a spoon or spatula. It's good to scrape the bottom and corners of the pan so you don't get uneven cooking. Do this for about 5-7 minutes until you get nappé consistency (coats the back of the spoon). Pour the custard through the sieve into the cream. Stir to cool over ice and then chill thoroughly in the refrigerator. Once mixture is chilled, add peppermint extract to your desired taste. Freeze in your ice cream machine according to the manufacturer's instructions. After the ice cream is done in the machine, stir in your candy and then store in an airtight vessel and freeze.