

# MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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## **Blackberry Ice Cream**

### Ingredients:

1 quart blackberries  
2 cups heavy cream  
1 cup whole milk  
Juice of 1 lime  
1 cup sugar  
3 egg yolks  
1 tsp. vanilla  
1/4 tsp. salt

### Directions:

1. Add the yolks and sugar to a medium-size bowl. Whisk together and then set aside.
2. Using a double boiler — or, less ideally, a medium-size pot — over medium-low heat, add the milk, cream, blackberries and salt. Regularly whisk the mixture, heating until the temperature reaches approximately 145F. The mixture should begin to turn purple.
3. Once the cream mixture has reached the desired temperature, slowly add about half of the mixture to the eggs and sugar while whisking vigorously. This will prevent the eggs from curdling. Once the eggs and cream have been thoroughly integrated, pour back the egg mix into the remaining cream.
4. Whisk constantly and slowly as the mix rises in temperature. Once the temperature has reached 165-170F — or when the mix evenly coats the back of a spoon — remove from heat and add the lime juice and vanilla. Whisk them in completely and move to a new container to cool. The mix can be placed in the freezer for 2 to 3 hours or, preferably, into the refrigerator overnight.
5. Churn according to your ice cream maker's instructions. After churning, place in freezer to firm up. I recommend placing a seal of plastic wrap tight against the ice cream after making it to prevent a skin from forming on the ice cream's surface. Serve once firm enough. Enjoy!