

Red Berry Swirl Ice Cream

Vanilla Ice Cream:

1 cup whole milk
A pinch of salt
3/4 cup sugar
1 vanilla bean, split lengthwise
2 cups heavy cream
5 large egg yolks
1 teaspoon pure vanilla extract

Red Berry Swirl:

8 oz red berries (suggest 5 oz red currants, 3 oz strawberries)
1 1/2 tablespoons of honey (to taste, may be more or less)

First, make the vanilla ice cream. Heat the milk, salt, and sugar in a medium saucepan. (I waited until I saw the liquid steaming.) Scrape out the seeds of the vanilla bean with a paring knife and add to the milk, along with the bean pod. Cover, remove from heat, and let infuse for an hour.

Set up an ice bath by placing a 2 quart bowl inside a large bowl partially filled with water and ice. Put a strainer on top of the smaller bowl and pour in the cream.

In another bowl, stir the egg yolks together. Reheat the milk until warmed, then gradually pour some hot milk into the yolks, constantly whisking to keep the eggs from scrambling. Once the yolks are warmed, scrape the yolks and milk back into the saucepan and cook over low heat. Stir constantly and scrape the bottom with a spatula until the mixture thickens into a custard that coats the back of the spatula.

Strain the custard into the heavy cream and stir the mixture until cooled. Add the vanilla extract and refrigerate until thoroughly chilled, preferably overnight.

Meanwhile, make the red berry puree. Combine the berries and honey in a small saucepan over medium heat. Stir and mash with a spoon, bringing the mixture to a boil. Reduce the heat to a simmer and continue to cook until the berries are soft, about 10-15 minutes.

Press the puree through a very fine sieve into a bowl. Press down to get all the juice out, leaving behind the seeds. Cool to room temperature and store in the fridge in an airtight container until ready to use. (It'll keep this way about a week.)

When you're ready to churn the ice cream, remove the vanilla bean from the custard and freeze in an ice cream maker. Pour a third of the churned ice cream into a container, smooth the top with a spatula. Spread 1/2 of the berry puree over the ice cream. Top with half the remaining custard. Smooth the top and spread the remaining berry puree over it. Finally spread the last of the custard over the puree.

Freeze the ice cream until solid. When you drag the ice cream scoop through the container, the layers of berry puree will swirl through.