

## Homemade Mint Ice Cream

<http://butcherblockco.com/blog/homemade-mint-ice-cream/>

*Recipe courtesy of Claire Bender*

- 2 cups heavy cream
- 1 cup whole milk
- 2 bunches of fresh mint leaves
- 6 egg yolks
- ½ cup sugar
- ½ teaspoon kosher salt, or to taste

Put the cream and milk in a heavy bottomed sauce pan and bring it just to a simmer. Watch it carefully so that it doesn't scald. When bubbles start to come up, remove the pan from heat and add the mint leaves. Cover the pot and allow the mint to steep for two hours. In another saucepan, whisk the egg yolks and sugar over medium heat until they are fluffy and pale, and then strain the cream into the eggs mixture, using the back of a spoon to press on the mint leaves so all the cream and minty flavor gets into the pot. Whisk until fully combined, and then cook over medium heat, whisking frequently, until the custard reaches 170°F, or until a finger swiped across the back of a spoon leaves a clean line. Add the salt to taste.

Pour the custard through a fine mesh sieve into a bowl or Tupperware, and cover it. Set the custard in an ice bath until it reaches a temperature of about 40°F, about 3 to 4 hours. If you're not in a big hurry, you can also just set the container in the fridge to cool overnight. When the custard is fully cooled, pour it into an ice cream maker to churn according to the manufacturer's instructions. When it's done, pour the churned ice cream into an air tight container and set it in the freezer. Ideally, it should chill there for a full 4 hours before you try to serve it, but I can almost never wait that long. The texture is so creamy and buttery, and the mint flavor is so cooling and pleasant, I'm sure you'll want to dive right in, too. I also put some fresh blackberries in the freezer while my ice cream set, and they really worked well with the mint.