

Casbah's Sea Salt Caramel Ice Cream

Yield: About 2 quarts

Julie Martin, our new Pastry Chef at Casbah with a great touch for ice creams, made this recently for a dessert special. Since I discovered it, she has to hide the containers in the freezer and has reprimanded me for eating her *mise en place*. Just looking at the recipe makes my mouth water. I would serve this ice cream with the great peaches showing up in the farmer's markets right now. You can also sample it at Casbah as part of the re-issued Chocolate Tower dessert.

Caramel

¾ # Granulated sugar
¼ C. Corn syrup
2 Tbs. Water
1 ½ C. Heavy cream, hot

- 1) In a deep, heavy bottomed pan, mix together sugar, syrup, and water. Cook over medium to high heat until dark amber.
- 2) Remove from heat and slowly add cream, stirring constantly. Reserve.

Ice Cream Base

2 C. Heavy cream
2 C. Half-and-half
1 ea. Vanilla bean, scraped
½ C. Egg yolks (about 7 yolks)
1 oz. Brown Sugar
1 tsp. Coarse Sea Salt

- 1) In a large saucepan, bring heavy cream, half-and-half, sea salt, and vanilla bean to a simmer. Remove from heat.
- 2) Whip yolks and brown sugar by hand until thick and light.
- 3) Temper cream into yolk mixture, then return to saucepan. Stir in 2/3 of the caramel sauce. Return the pan to heat, and cook to 175°, stirring constantly.

- 4) Strain through a fine-meshed strainer and chill in an ice bath, stirring frequently, until cold.
Freeze in your ice cream machine according to manufacturer's instructions. When ice cream is almost done spinning, add some of the remaining caramel to give a striped effect.
- 5) Remove from machine and place in freezer to harden off.