

Greg's Liquorice Ice Cream Recipe

A creamy, spicy ice cream flavoured with tasty black liquorice candy.

INGREDIENTS

- 6 egg yolks
- 3/4 cup granulated sugar
- 1 1/2 cups milk
- 1 1/4 cups heavy cream
- 150 grams soft black liquorice candies
- 2 tablespoons Pernod liqueur
- 1 tablespoon vanilla extract



INSTRUCTIONS

1. Whisk the egg yolks with the sugar in a large bowl. In a nonaluminum saucepan, combine the milk, heavy cream, and liquorice and bring to a boil over medium-high heat, stirring frequently so the liquorice melts. (If the liquorice resists melting, purée it with some hot milk.)
2. Beat a little of the hot milk mixture into the eggs and then, in a steady stream, slowly whisk in the rest of the hot milk. Return the mixture to a pan over medium-low heat and cook, stirring constantly, until it thickens visibly and registers 165°F on a candy thermometer. Do not boil.
3. Remove from the heat and stir in the Pernod liqueur and vanilla extract. Strain through a fine sieve into a bowl, discarding any solids. (I don't bother – I quite like the little bits of liquorice). Cool, then chill in the refrigerator. Freeze as directed in an ice cream maker.