

the french tarte

CRÈME ANGLAISE / CLASSIC ICE CREAM BASE

This classic ice cream base is complements of David Lebovitz. I've been using it for years and it never disappoints.

Makes about one quart. I use a Cuisinart ice cream maker and always have two canisters on hand in my freezer.

- 480 ml / 2 cups heavy cream
 - 240 ml / 1 cup whole milk
 - 5 large egg yolks (approximately 85 g)
 - 150 g / $\frac{3}{4}$ cup granulated sugar
 - a pinch of salt
 - 1 vanilla bean or 1 teaspoon pure vanilla extract
1. Place 1 cup cream in a 2-3 quart stainless bowl and place it in a larger bowl filled about 1/3 with ice water. This allows the base to cool more quickly. Have a strainer ready.
 2. Place 1 cup cream, the milk, $\frac{1}{2}$ the sugar, the salt and the split/scraped vanilla bean/seeds (if using) in a medium saucepan. Bring to a simmer, turn off heat and infuse for 15 minutes. NOTE: if using vanilla extract, add it at the end of cooking.
 3. In a separate heatproof bowl whisk egg yolks and the other half of the sugar vigorously to a ribbon consistency.
 4. Reheat the milk/cream/vanilla, bringing to a decent simmer.
 5. Pour the dairy over the egg/sugar mix while whisking to combine, then return the mixture to the saucepan. Stirring constantly, cook to 82°C/180°F to the *nappé* stage – it should be slightly thickened, enough to coat the back of a spoon and hold when you draw a line through it with your finger. Do not boil.
 6. If using vanilla extract, stir that in now then strain the mixture into the chilled bowl containing the cream placed over an ice bath. Whisk periodically until cool.
 7. Refrigerate until use (will keep for 2-3 days). I like to let my ice cream base mature for a day or two in the fridge – it makes for an especially creamy product.
 8. Process per ice cream maker instructions.

To create a fruit based ice cream, purée fruit of choice, strain, add 10% sugar, a splash of lemon juice and reduce down by one third to one half to concentrate the flavor and reduce water content.

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For peach: use 1.5 pounds fresh peaches, peeled, pitted, puréed with above additions; reduce down. Add to ice cream base at the start of processing.

For raspberry: use 12 ounces fresh or frozen berries; purée, strain, add sugar and lemon juice; reduce and add to ice cream base at start of processing.

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