

SAFFRON ICE CREAM

Saffron may be the most expensive spice in the world, but once you've tasted this ice cream you won't care! It's perhaps the most incredible taste experience you will ever have. Try it with apple pie; it goes wonderfully with French tarte tartin (French apple pie). Ellen's husband created this years before it appeared in gelato bars.



Servings: 6 - 8
Prep time: 5 minutes
Cooking time: 15 minutes
Cost: \$5.11

Ingredients

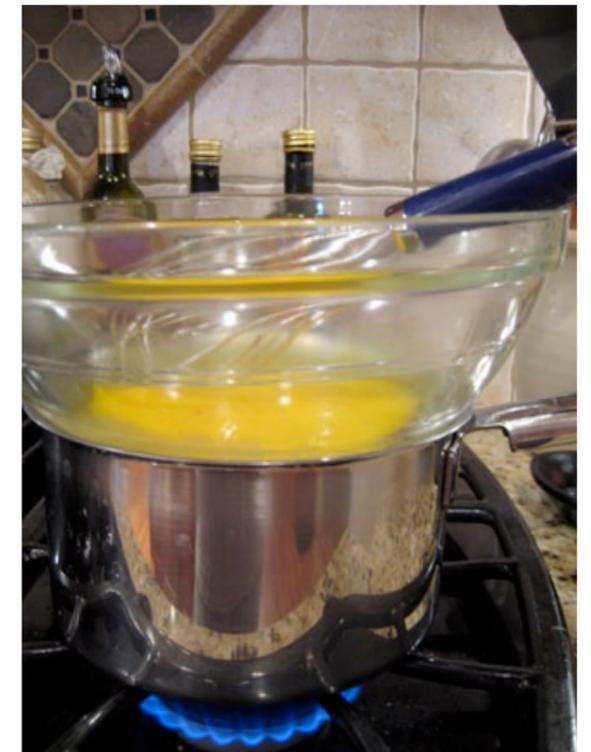
2 cups heavy cream
1 cups milk
4 egg yolks
½ cup sugar
1 teaspoon saffron threads

Equipment

1 quart ice cream maker
Homemade double boiler—glass bowl and sauce pan
1 ½ to 2 quart sauce pan
Whisk and wooden spoon
Measuring cups & spoons

Directions

1. Heat the milk, cream, sugar, and saffron over medium-low heat until the sugar has dissolved and the saffron has infused the mixture. This takes about 5-8 minutes. The mixture will appear yellow from the saffron. Don't worry if all the saffron threads do not melt—they'll look beautiful in the finished ice cream.
2. Whisk the egg yolks in a glass bowl. Meanwhile, make a homemade double boiler: take a 2 quart sauce pan, add 2 inches of water and place over medium-high heat until the water boils, then reduce the heat to low. Next, place the glass bowl with the eggs over the saucepan. Slowly add the saffron-milk to the eggs while whisking continuously. Cook over low heat until the custard coats the back of a wooden spoon; this will take about 5-8 minutes.
3. Put custard in the refrigerator for 2-3 hours or overnight.
4. Put the ice cream in your ice cream maker and churn until it is almost solid. This takes about 30 minutes. You can serve it just out of the ice cream maker or put it in the freezer for an hour or two, to solidify further.



Homemade double boiler