

Peach Ice Cream

What's better than fresh Texas peaches and cream? Peaches and Ice Cream! Peach season is so exciting for us, especially when Nana makes peach ice cream. We've shared Gran's homemade ice cream recipe, but Nana wanted y'all to have a recipe with cooked eggs. This is a small recipe for about a half-gallon canister, but it doubles and triples well.

Ingredients

2 cups peaches, peeled and sliced
1 ¼ cup sugar, divided
½ teaspoon lemon juice
1 ½ cup heavy cream
1 ½ cup whole milk
¼ teaspoon salt
5 large egg yolks
1 teaspoon vanilla



Instructions

- ❖ If using fresh peaches, add them to a bowl with ½ cup of the sugar and all of the lemon juice. *(Let this sit at room temperature for at least 30 minutes or until the peaches are soft and have created a syrup.)*
- ❖ Mash the peaches with a potato masher until desired consistency.
- ❖ In a medium saucepan, stir together the cream, milk, salt, and another ½ cup of sugar. Heat over medium-low heat until hot, but not bubbling.
- ❖ In a large bowl, whisk together the egg yolks and remaining ¼ cup of sugar until light in color *(about 2 minutes)*.
- ❖ While whisking, slowly pour in ½ cup of the hot cream mixture into the egg yolk mixture to temper the eggs – slowly raise the temperature of the eggs without scrambling.
- ❖ Slowly add another ½ cup of hot cream mixture making sure to whisk the entire time.
- ❖ Pour the tempered egg yolk mixture into the remaining hot cream mixture and stir gently for 2-4 minutes, or until the mixture is just thick enough to coat the back of a wooden spoon.
- ❖ Remove from the heat and stir in the vanilla.
- ❖ Stir in the peaches *(including the syrup)*.
- ❖ Let cool to speed up the freezing process.
- ❖ Pour mixture into the canister of an ice cream maker and follow manufacturer's instructions. *(Don't fill the canister more than 2/3 full to prevent it from running over during freezing.)*


Nana's Kitchen
Made With Love and Purpose

"O taste and see that the LORD is good: blessed is the man that trusteth in him."
Psalm 34:8