

Helado de Cajeta

- 1** In a heavy saucepan, combine the milk and 2 cups/500ml of heavy cream. Scrape the seeds from the vanilla bean and add the seeds (including the bean) to the mixture. Cook over medium heat until bubbles form around the edges of the pan.
- 2** While cooking the milk mixture, combine the egg yolks, sugar, and remaining cream in a bowl, and whisk until smooth and sugar starts to dissolve.
- 3** Submerge the closed jar of Cajeta into a pot or sinkful of hot, but not boiling water until needed. This will make it easier to incorporate into the custard.
- 4** Remove the milk mixture from the heat and whisking constantly, gradually add about $\frac{1}{2}$ cup (125ml) of the hot milk mixture into the egg mixture (important for good results: pour slowly so as not to cook the egg mixture). Wisk until smooth. Now pour egg mixture into the saucepan and cook over medium heat, stirring constantly and keeping the custard at a low simmer. Do not let the custard boil, or you will have scrambled egg ice cream instead. It is ready when it is thick enough to coat the back of a wooden spoon and your finger leaves a trail when drawn through the custard, about 5 minutes. Remove from heat and stir in the warmed Cajeta, and whisk hard until smooth. Strain custard through a fine mesh sieve into a large bowl, discarding the vanilla bean or reserving it for another purpose.
- 5** Place the bowl in a larger bowl or kitchen sink, partially filled with ice cubes and water. Stir custard periodically until cool. Cover, with the plastic wrap directly touching the surface to prevent a skin from forming. Refrigerate until chilled, minimum 3 hours.
- 6** Pour the custard into an ice cream maker and freeze. Transfer to a plastic container and freeze ice cream until firm, or overnight, before serving.



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Recipe source: Stephanie Kunstle

Active time: 1.5 hours, Chill time: 3 hours, Freeze Time: 20 minutes in machine and overnight to harden

Ingredients (makes about 2 quarts/2 liters):

- * 3 cups/750 ml whole milk
- * 3 cups/750 ml heavy cream
- * 1 Mexican vanilla bean
- * 12 large egg yolks
- * 0.5 cup/125 g sugar
- * 1 jar (10.9 oz/310g) of Coronado brand Cajeta Quemada