

Strawberry ice cream with balsamic vinegar

1 Heat the milk in a small saucepan and bring to a boil. Remove from the stove and allow to cool down for about some minutes.

2 Whisk together egg yolks and 70 g of the sugar in a bowl until most of the sugar crystals have dissolved and the color becomes light and pale. Pour the warm milk over the egg and sugar concoction while constantly stirring (slowly, otherwise you will end up with foam). Reheat the custard mix slowly while continuously stirring/ scraping the bottom of the pot until it has noticeably thickened and coats the back of a spoon or heatproof rubber spatula, but do not let it boil. Remove from heat and let cool down.

3 Meanwhile prepare the strawberry puree: Coarsely chop the fruits, sprinkle with the remaining sugar and lemon juice and let rest for a few minutes before you process them with a handheld blender until the puree is smooth. Separate about 50 g in an extra, small bowl and chill in the fridge (covered) for later.

4 Once the custard is cooled down, add the strawberry puree, the crème double as well as the heavy creme and stir well. Season to taste with a good aged balsamic vinegar (don't overdo it, you only want a pleasant hint) and refrigerate until chilled.

5 Pour the custard into an ice cream maker and freeze according to the manufacturer's instructions. Transfer to a plastic container when done and layer it with tablespoons of the remaining strawberry puree. Freeze until firm.



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Recipe Source: own creation

Prep/ cooking time: about 30 min., plus chilling and freezing

Ingredients (serves 3-4):

- * 3 egg yolks (L)
- * 100 g sugar
- * 200 ml milk
- * 250 g fresh strawberries, cleaned and hulled
- * 2 tbsp lemon juice
- * 125 g crème double
- * 75 g heavy cream
- * 2-3 tbsp balsamic vinegar (the best you can afford)