

SALTED **HONEY TOAST** ICE CREAM

INGREDIENTS:

toast crumbs -

- 1 thick slice of bread (I used French bread)

ice cream -

- 1/2 cup local honey
- 3/4 t sea salt (fleur de sel or Maldon)
- 1 cup whole milk
- 2 T sugar
- 4 large egg yolks
- 1 cup heavy cream

to serve -

- 1 small slice of bread
- butter
- honey

DIRECTIONS:

1. Make toast crumbs. Place bread in a 200F oven on a baking sheet and toast until completely dry, 10-20 minutes. Pulverize in a food processor. Allow to cool completely before popping in a container in the freezer.
2. Make the ice cream! In a small sauce pan, warm the honey and salt. Set aside. (Or place in a microwave safe bowl for 30 seconds.) Make an ice bath by filling a large bowl with ice water.
3. In a medium bowl whisk together the egg yolks. In another bowl, place the cup of cream. Top the bowl with a fine-mesh strainer.
4. Meanwhile heat the milk and sugar. Heat over medium until just starting to simmer, and the sugar's dissolved. Remove from heat. Slowly pour into the egg yolks while whisking. The point is to temper them, not scramble them. Pour egg/milk mixture back into the sauce pan and cook over low heat until thickened slightly and temperature reaches about 170F and the mixture coats the back of a spoon. (Beware! If you heat it too quickly you'll scramble those yolks like I did. Whoops.)
5. Pour through a fine-mesh strainer into the bowl holding the cup of cream. Stir in the honey. Place this bowl into the ice bath and stir until room temperature. OR alternately transfer the ice cream base into a gallon zip top bag and submerge in the ice bath. Refrigerate for 4 hours. Churn according to your ice cream maker's instructions.
6. Transfer half of the ice cream to an air tight container. Sprinkle with toast crumbs. Top with ice cream and more toast crumbs. Freeze over night.
7. Serve it! When you're ready to serve your ice cream, toast one slice of bread until dark-ish. Butter it, crumble it and top your ice cream. Drizzle with honey. Serve!