

HONEY & CORNBREAD ICE CREAM

ICE CREAM

INGREDIENTS:

- 2 cups whole mil
- 1T + 1 t cornstarch
- 1 1/2 oz. (3 T) cream cheese, softened
- pinch fine sea salt
- 1 1/4 cups heavy cream
- 1/2 cup honey
- 2 T cup sugar
- 2 T light corn syrup
- cornbread

DIRECTIONS:

1. Make ice cream. Mix about 2 tablespoons of the milk with the cornstarch in a small bowl to make a smooth slurry. In a medium bowl stir together the cream cheese and salt until smooth.
2. Combine the remaining milk, cream, honey, sugar, and corn syrup in a 4-quart saucepan. bring to a rolling boil over medium-high heat, and boil for 4 minutes. Remove from heat and gradually whisk in the cornstarch slurry. Bring the mixture back to a boil over medium-high heat and cook, stirring with a heatproof spatula until slightly thickened, about 1 minute. Remove from heat. Gradually whisk the hot milk mixture into the cream cheese mixture until smooth. Cover bowl with plastic wrap and chill ice cream base for a few hours or over night.
3. Freeze in your ice cream maker according to the manufacturer's instructions. Once fully churned layer in a one-quart container with crumbled corn bread. Top ice cream with plastic wrap and an airtight lid. Freeze for at least 4 hours. Serve with additional corn bread crumbs, honey and sea salt.

CORNBREAD

INGREDIENTS:

- 1 1/4 cup all-purpose flour
- 3/4 cup corn meal
- 1/4 cup sugar
- 2 t baking powder
- 1/2 t salt (optional)
- 1 cup milk
- 1/4 cup vegetable oil
- 1 egg, beaten

DIRECTIONS:

1. Preheat oven to 400 degrees. Grease 8 or 9 inch pan.
2. Combine dry ingredients (flour, corn meal, sugar and baking powder).
3. Stir in milk, oil and egg, mixing until until dry ingredients are moistened.
4. Pour batter into prepared pan. Bake 20-25 minutes or until light gold brown and toothpick inserted in the center comes out clean. Cool completely and crumble for serving with/churning in ice cream.