



SALTED BUTTER CARAMEL ICE CREAM CON VIN COTTO

2 cups whole milk, divided
1 cup heavy cream

1½ cups sugar
5 large egg yolks

4 tablespoons salted butter
¾ teaspoon vanilla extract

½ teaspoon sea salt
Vin Cotto for finish

To make the ice cream, make an ice bath by filling a large bowl about a third full with ice cubes and adding a cup or so of water so they're floating. Nest a smaller metal bowl (at least 2 quarts/liters) over the ice, pour 1 cup of the milk into the inner bowl, and rest a mesh strainer on top of it.

Spread 1½ cups sugar in a saucepan in an even layer. Cook over moderate heat, until caramelized, using the same method described for the praline recipe. Once the sugar is caramelized, remove from heat and stir in the butter and salt, until butter is melted, then gradually whisk in the cream, stirring as you go. The caramel may harden and seize, but return it to the heat and continue to stir over low heat until any hard caramel is melted. Stir in 1 cup of the milk.

Whisk the yolks in a small bowl and gradually pour some of the warm caramel mixture over the yolks, stirring constantly. Scrape the warmed yolks back into the saucepan and cook the custard using a heat proof utensil, stirring constantly (scraping the bottom as you stir) until the mixture thickens. If using an instant-read thermometer, it should read 160-170° F (71-77° C).

Pour the custard through the strainer into the milk set over the ice bath, add the vanilla, then stir frequently until the mixture is cooled down. Refrigerate at least 4-5 hours or until thoroughly chilled. Then freeze the mixture in your ice cream maker according to the manufacturer's instructions.

While the ice cream is churning, crumble the hardened caramel praline into very little bits, about the size of very large confetti (about ½-inch, or 1 cm). I use a mortar and pestle, although you can make your own kind of music using your hands or a rolling pin.

Once your caramel ice cream is churned, quickly stir in the crushed caramel praline, then chill in the freezer until firm.

Note: As the ice cream sits, the little bits of caramel may liquefy and get runny and gooey, which is what they're intended to do. Before serving the ice cream, drizzle a little of our Vin Cotto over the top – you will be in heaven!

Enjoy your Conti products!

Charlotte Capan, Conti USA

www.tuscanyflavors.com



SALTED BUTTER CARAMEL

This caramel praline goes with our ice cream con vin cotto

Ingredients: ½ cup sugar and ¾ teaspoon sea salt, such as fleur de sel (make sure it is sea salt because table salt is too harsh)

To make the caramel praline, spread the ½ cup of sugar in an even layer in a medium-sized, unlined heavy duty saucepan: I use a 6 quart/liter pan. Line a baking sheet with a silicone baking mat or brush it sparingly with unflavored oil.

Heat the sugar over moderate heat until the edges begin to melt. Use a heat proof utensil to gently stir the liquefied sugar from the bottom and edges towards the center, stirring, until all the sugar is dissolved. (Or most of it – there may be some lumps, which will melt later.)

Continue to cook stirring infrequently until the caramel starts smoking and begins to smell like it's just about to burn. It won't take long.

Quickly sprinkle in the ¾ teaspoon salt without stirring then pour the caramel onto the prepared baking sheet and lift up the baking sheet immediately, tilting and swirling it almost vertically to encourage the caramel to form as thin a layer as possible. Set aside to harden and cool.

Crumble the hardened caramel praline into very little bits, about the size of very large confetti (about ½-inch, or 1 cm). I use a mortar and pestle, although you can make your own kind of music using your hands or a rolling pin. This crumble will go into your ice cream, or can be used as a topping.

Enjoy your Conti products!

Charlotte Capan, Conti USA

www.tuscanyflavors.com