

Ginger Ice Cream

Swick

Serves 1 | Active Time: 1 hour | Total Time: 4 hours

Step 1: Basic Needs

- 4 egg yolks
- 2 1/2 cups heavy cream
- 1 cup milk
- 3/4 cup sugar
- 7 oz. coconut milk (you'll use the other half of the can in the caramel sauce)
- 1/4 cup grated fresh ginger (about two 3-inch pieces)
- 2 tbsp. candied ginger
- 1/2 tsp. salt

Prepare these Ingredients first.

Step 2: Choose Ginger

Using a Micro plane grater or the fine side of a box grater

Step 3: Peel Ginger

Peel the ginger into a smooth paste. Do not throw away the nubs you are holding.

Step 4: Dice the ginger

Dice them up into tiny pieces. These will add texture and a nice bite to the ice cream (but make sure they are small pieces.)

Step 5: Grate the ginger

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Step 6: Arrange double boiler

Arrange a double boiler.

Step 7: Add Cream

Add the heavy cream

Step 8: Add Coconut Milk

Add coconut milk and milk.

Step 9: Add The Ginger

All the fresh ginger, and candied ginger. Whisk frequently to ensure most of the candied ginger begins to dissolve and to ensure that the fresh pieces do not burn on the bottom.

Step 10: Beat egg and sugar

In a large bowl, beat together the egg yolks and sugar.

Step 11: Heat the Mixture

Once the liquid mixture has reached about 130F degrees, begin to temper the egg mixture. Do this by adding a ladle full of the hot liquid to the eggs while whisking. This will prevent the eggs from cooking. You are slowly bringing them up to the temperature of the hotter liquid; this ensures you don't have scrambled eggs in your ginger ice cream. Continue to add a ladle full at a time of the hot cream until you've added about half the cream to the egg-sugar mix.

Step 12: Tempered the egg

Add the tempered egg-sugar mixture back to the cream over the double boiler and continue to whisk regularly. Once the temperature of the mixture reaches 160F, remove from heat and let cool.

Step 13: Refrigeration

Cover and refrigerate, preferably overnight, but at least until cool.

Step 14: Pour into Maker

Place in the ice cream maker and churn according to instructions. In mine, it takes about 20 minutes until it looks like soft serve.

Step 15: Freeze up

Place in a container, cover the surface of the ice cream with plastic wrap to prevent a skin from developing, add the additional lid, and freeze for about an hour or until it has finished setting up.

Step 16: Enjoy

Serve with coconut caramel sauce — and maybe even a tad bit of fresh toasted coconut to garnish — and enjoy!

Step 17: Coconut Caramel Sauce

- 1 stick unsalted butter
- 1 cup light brown sugar
- 7 oz. coconut milk
- 2 tbsp. corn syrup
- 1 tsp. vanilla extract
- 1/4 tsp. salt

In a saucepan over medium high heat, melt the butter.

Step 18: Add Brown sugar

Once the butter is bubbling and has a nutty aroma, add the brown sugar, corn syrup and salt and turn down to medium heat. Cook until you have roiling bubbles that are slow to fade away. This should be about 6 min. Be careful. This is napalm hot.

Step 19: Make molecular

(NOTE: The corn syrup here is working as a molecular agent to keep the sugars from thickening too quickly and making a hard sauce. It will help to keep the sauce smooth while cooking.)

Step 20: Mix and Hit

Remove from heat and mix in the coconut milk and vanilla. Stir thoroughly to combine.

Step 21: Save to Container

Pour into a new container (preferably microwave safe) to let cool. I use a plastic squeeze bottle, which allows me to drizzle it onto the ice cream. If the sauce thickens too much, place in the microwave for 10-second increments until its loose or even hot. Drizzle over one of a million things, including ginger ice cream, and enjoy!