

Homemade Salted Caramel Ice Cream

Makes 1.5 quarts

Homemade ice cream is simply the best – no preservatives, no shortcuts, and just a few ingredients! Made fresh, your own ice cream is just that, fresh tasting. There are so few ingredients in ice cream, make quality choices; the difference will be noticeable in the results. This particular version of a salted caramel ice cream base does not require cooking (like custard ice cream bases that use eggs). Get your spoons ready; a remarkably delicious treat is ahead!

Ingredients – Ice Cream Base:

1.5 cups whole milk
1.5 cups heavy cream
2/3 cup granulated white sugar
1/8 teaspoon Kosher salt
1/ tablespoon pure vanilla extract

Ingredients – Salted Caramel:

1/2 cup granulated white sugar
1 tablespoon warm water
3 tablespoons butter
1 teaspoon vanilla extract
1/4 teaspoon flake sea salt
1/4 cup heavy cream

Directions:

1. MIX TOGETHER THE ICE CREAM BASE. In a medium bowl, whisk together the milk, sugar, and salt and stir until the sugar has dissolved completely. Add the cream and vanilla; whisk to combine.
2. NEXT, PREPARE THE CARAMEL SAUCE. In a small saucepan, combine the sugar, water, butter, salt, and vanilla. Heat over a medium-low burner. Stir initially until the sugar has melted, then allow the mixture to bubble undisturbed until it turns golden brown. Stir in the cream until combined. Allow the caramel sauce to cool to room temperature, then stir half of it into the ice cream base.
3. CHILL WELL. Cover the mixture with plastic wrap and chill in the refrigerator for 2-3 hours or even overnight to ensure the mixture is very well-chilled.

PRO TIP: Before churning, ensure insert and ice cream base are both extremely well chilled!

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4. CHURN THE ICE CREAM! Follow the manufacturer's instructions for your ice cream maker. For ice cream makers that use a pre-frozen insert, ensure that the insert is frozen well, that is, has been in the freezer chilling for at least 24 hours.

Pour the well-chilled ice cream mixture into the ice cream maker and churn with a slow, even pace. The mixture will gradually freeze and thicken. Once the ice cream holds its shape and no longer fluid, or no liquid areas remain, transfer the ice cream to a chilled container with an airtight lid. [Or, the soft ice cream may be enjoyed directly from the ice cream maker in "soft-serve" style mode in well-chilled bowls.]

5. RE-CHILL ICE CREAM: Cover the top of the ice cream with plastic wrap that's placed directly on the surface of the ice cream. Apply the container's lid, place in the freezer, and allow the ice cream to "ripen" or completely freeze for approximately 4 hours. Serve with a drizzle of the remaining caramel sauce (heat in the microwave in increments of ten seconds until hot enough to drizzle) and enjoy.