

Saffron Ice Cream (French Style Ice Cream Base)

Ingredients	3#
Whole Milk	1#
Heavy Cream	1#
Granulated Sugar	6 ounces
Egg Yolks	10 each
Saffron Strands	5-25, depending on desired strength of flavor

1. Combine $\frac{1}{2}$ of the milk (8 ounces), all the heavy cream, $\frac{1}{2}$ of the sugar (3 ounces), and the saffron in a pot and bring to a boil. Allow to rest for 15-30 minutes to allow the saffron to infuse. Bring to a second boil.
2. While the saffron infuses combine the egg yolks with the remaining sugar and milk and whisk together well.
3. Temper the yolks with boiled milk mixture by slowly adding the hot milk into the egg yolks while you continuously whisk the eggs until all (or most) of the milk is mixed in with the egg yolks.
4. Return to stove and cook to 175-180 degrees F – also called nappé (“to coat the back of a spoon.”) The closer to 180 you get the thicker your custard will be, but also the more likely your egg will curdle.
5. Strain over an ice bath (if possible) and stir constantly to cool evenly.
6. Cool in the refrigerator for at least 2 hours.
7. If necessary, strain the mixture again to remove any curdled pieces of egg.
8. Freeze according to your ice cream maker’s directions.
9. For the kitchen aid mixer ice cream attachment: Be sure to freeze your bowl for at least 15 hours ahead of time. Place on the mixer with the dasher and start on STIR and pour in your ice cream base. Allow your mixer to churn your base for 15-25 minutes or until the ice cream’s volume has grown, it is thick, and it begins to look like soft serve ice cream.
10. Place in a plastic or paper container with a piece of parchment paper on top (to help prevent ice crystals from forming on top) and freeze for 4-6 hours or overnight.