

Vanilla Bean Ice Cream

*From the kitchen of
Mary Stearn*

Ingredients

2 cups heavy cream
2 cups half & half
¾ cup sugar
Vanilla bean
pinch of salt

Instructions

Put half & half and sugar in a pot. Cut vanilla bean down the center, scrape bean into mixture then throw in the pod. Warm until sugar dissolves. Check by running your finger on the spoon, no granules then it's ready to go. DO NOT BOIL. Take off heat and stir in pinch of salt and cream. Let cool completely before putting in ice cream maker. I let mine sit overnight in fridge with the bean pod. Make sure you take the bean pod out before churning.

Salted Caramel Sauce

Ingredients

1 cup sugar
¼ cup water
3-1/2 tbsp unsalted butter
¾ cup heavy cream
1 tsp sea salt or kosher

Instructions

Pour cup of sugar in center of saucepan. Slowly pour ¼ cup of water in the center (over the top). Heat on medium low until sugar melts or starts to boil. Do not stir. Turn heat to medium. Boil until color shows deep amber (about 5 minutes). Remove from heat and add butter and salt. Slowly pour in cream while whisking. Mixture will bubble up so be careful. Transfer to dish and let cool.

This will keep in the refrigerator for about 2 weeks.

