

Lemon Velvet Ice Cream

Carolyn
Thurston's
Cookbook

<http://www.tastingspoons.blogspot.com>

Recipe was published in the Los Angeles Times

Adapted from a recipe attributed to the Velvet Turtle

Servings: 10

Preparation Time: 10 minutes

Start to Finish Time: 2 hours 10 minutes

Luscious, lemony flavor.



This is a really smooth ice cream, and with our home grown Meyer lemons, the perfect complement to their sweetness. This may be the best ice cream I've ever made in my machine. Because I like to enjoy this all year around, I freeze the lemon juice (with zest included) in 1-cup containers. Then in December when I want a little lemon pucker, it's no trouble to prepare this. If you don't have or can't get Meyer lemons, the mixture may need additional sugar, so taste it and adjust as needed.

1 3/4 cups sugar

lemon zest from 2-3 lemons

1 cup fresh lemon juice

2 cups heavy cream

2 cups fat free half-and-half, or full-fat milk

1 dash salt

Per Serving (excluding unknown items): 338 Calories; 18g Fat (47.2% calories from fat); 1g Protein; 43g Carbohydrate; trace Dietary Fiber; 65mg Cholesterol; 93mg Sodium. Exchanges: 0 Fruit; 1/2 Non-Fat Milk; 3 1/2 Fat; 2 1/2 Other Carbohydrates.

1. Remove the zest from some of the lemons with a microplane grater, if possible. Combine with the fresh squeezed juice in a blender. Blend well. If you don't have a microplane for the zest, blend this for awhile so none of the zest appears in big chunks. Pour into a large bowl with the other ingredients. Stir well to dissolve sugar. Taste for sweetness or tartness and adjust. If time permits, refrigerate.

2. Follow ice cream freezer directions and freeze in one or two batches, as needed. Scoop into a freezer container and freeze for at least one hour before serving.