



Homemade Caramel Ice Cream

10'
Hands on

24 hours'
Hands off

10'
Cook Time

1 kilo
Portion(s)

2
Difficulty



Ingredients

- 1 liter milk, 3,5%
- 10 egg yolks
- 1 vanilla pod
- 500 g icing sugar
- 400 g [dulce de leche](#)
- 2 pinches salt
- 90 g heavy cream 35%

To serve

- 100 g milk chocolate couverture
- 50 g tea biscuits

Διατροφικός πίνακας

Nutrition information per 100 gr.

395 Calories (kcal)	12.0 Total Fat (g)	5.9 Saturated Fat (g)	64.0 Total Carbs (g)
20%	17%	30%	25%
63.0 Sugars (g)	8.0 Protein (g)	0.0 Fibre (g)	0.2 Sodium (g)
70%	16%	0%	3%

Method

This is the base recipe for ice cream. You can then add any flavoring you like to make classic flavors like [vanilla ice cream](#), [chocolate ice cream](#), [strawberry ice cream](#), [pistachio ice cream](#) or special flavors like [cookie ice cream](#), [mango ice cream](#), [coffee ice cream](#) and [amaretto ice cream](#)!

- In a [pot](#), add the milk. Place over low heat and bring to a boil.
- In a saucepan add the 400 g of icing sugar and simmer over medium heat until the sugar melts and caramelizes.
- As soon the milk comes to a boil, gradually add to the [saucepan](#) with the caramel.
- In a [bowl](#), add the egg yolks, the remaining sugar and salt. Whisk until the sugar dissolves completely.
- Remove from heat and gradually add the caramel while whisking continuously so that the mixture doesn't split. You can transfer the milk to the bowl with a [ladle](#) if you like.
- When all of the milk has been added, transfer pot back over low heat and cook until the temperature reaches 85* C (185* F). Check with a cooking thermometer.
- Stir with a spatula for 3-5 minutes, until it reaches the desired temperature and it starts to thicken.
- To check if the mixture is ready, you can add some to a plate and run your finger through it. If it is thick enough to leave a streak in the mixture it is ready.
- Remove from heat and add the remaining 100 g of icing sugar.
- Stir and add the heavy cream so that the mixture can cool quicker.
- Transfer to a [25x30 cm baking pan](#). Cover with plastic wrap making sure it touches the surface of the mixture directly so that a film is not formed.
- Refrigerate for at least 6 hours. Ideally it should be refrigerated for 24 hours.
- Then add it to an ice cream maker in batches. The amount added should not exceed the 2/3 mark of the machine since it will gain volume.
- Serve immediately or place in the freezer so that it can freeze more.
- Serve with crushed cookies and pieces of milk chocolate in a cup or a cone!