

Sweet Treat: Honey Lavender Ice Cream!

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"HONEY LAVENDER ICE CREAM"

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Makes approximately: 1 quart

INGREDIENTS

- 1 1/2 cups heavy cream
- 1 1/2 cups half and half
- 2/3 cup mild honey such as acacia
- 2 Tablespoons dried edible lavender flowers plus extra for garnish
- 2 large eggs
- 1/8 teaspoon Kosher salt

INSTRUCTIONS

- Bring cream, half and half, lavender and honey just to a boil in a saucepan over medium heat, stirring frequently to prevent mixture from burning, then remove pan from heat. Cover and let steep for 30 minutes.
- Pour mixture through a sieve into a bowl and discard lavender. Clean saucepan and return mixture to it and heat over medium heat until hot.
- Whisk eggs and salt together in a large bowl, then gradually add one cup of the hot cream mixture to it in a slow stream whisking constantly to prevent eggs from cooking. Once mixed, add to remaining mixture in saucepan and cook over medium-low heat, stirring constantly with a wooden spoon until the mixture is thick enough to coat the back of the spoon and reaches 175 degrees on the thermometer, about 5 minutes - be careful not to let mixture boil!
- Pour mixture through sieve again and into a clean bowl and allow to cool completely, stirring regularly to prevent a skin from forming on the top of the mixture. Once cooled, cover with plastic wrap and chill in refrigerator for at least 4 hours.

- Freeze mixture in ice cream maker according to machine directions, transfer to container and chill in the freezer to harden, preferably overnight. Garnish with dried lavender flowers and enjoy!