

Salted caramel icecream

Ingrédients

- 155g sugar (1)
- 100g liquid cream with 30 or 35% fat
- 45g salted butter or butter + 1 good pinch of fleur de sel
- 200g milk
- 3 eggs
- 20g sugar (2)
- 275g liquid cream with 30%or 35% fat

Préparation

1. New day, new ice cream recipe !
2. Once again a classic that wasn't yet on my blog, this time salted caramel.
3. I was inspired by the Ben&Jerry's recipe for chocolate ice cream, which gives a very soft ice cream, and above all it stays soft in the freezer.
4. As you can see on the pictures, I added some Valrhona dark chocolate crispy pearls, you can put some nuts, chocolate chips.
5. or taste it as it is, it's already delicious!
6. Start by preparing the caramel : make a caramel with the sugar (1).
7. At the same time, heat the liquid cream.
8. When the caramel has a nice amber colour, gradually pour the cream over it while stirring (and taking care not to burn yourself).
9. Then add the butter (and salt if necessary) and stir well to incorporate it.
10. Put it in another container to stop the cooking and cool it down a bit.
11. Whisk the eggs with the sugar (2) until the mixture is well blanched.
12. Mix the caramel with the milk, then pour this mixture into the eggs.
13. Whip the liquid cream into a whipped cream that is not too firm, then gently fold it into the previous mixture.
14. Place the preparation in the refrigerator for at least 3 hours.
15. Then turn it into ice cream according to the instructions of your ice cream maker, and enjoy !