

Blueberry Ice Cream

Source: Michael D'Attilo

4 cups Heavy Cream
4 tbsp Corn Starch
4 tbsp Water
1 cup Sugar

2 cups frozen blueberries
1 cup sugar
4 drops Lemon Juice
1/8 tbsp salt

1 tsp vanilla

Custard

Mix corn starch with water. Heat heavy cream in a saucepan over medium-low heat. Add 1 cup sugar to cream in portions, stirring constantly and allowing sugar to fully dissolve after each portion. When cream begins to steam and bubble slightly at the edges of the pot, add corn starch; stir constantly until custard just comes to a boil, then remove from heat and refrigerate.

(Tip: To check if custard is ready, coat the back of a spoon with it, and wipe your finger down the middle. If the line stays and is not filled in by custard, it is ready.)

Syrup

Heat frozen blueberries in a second saucepan, slowly adding sugar as more liquid melts into pan. Add salt and lemon juice, and make sure all ingredients are thoroughly mixed/dissolved. Mash blueberries with a fork or a potato masher; when mixture starts to boil, remove from heat and refrigerate.

(Option: Rice the berries as best you can before adding them to the custard; this makes it easier for the ice cream machine to mix everything.)

(Tip: Be sure to taste the mixture; add more sugar and less lemon juice if it is not sweet enough.)

Allow both custard and syrup to cool separately for at least 30 minutes. Once cold, pour syrup into custard and mix thoroughly. Taste mixture, and add additional sugar and/or vanilla as desired. Cool overnight (or as long as possible) before running through ice cream machine.

(Tip: Remember to re-mix/fluff the ice cream before putting it into the machine!)

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