

Blueberry Ice Cream

By Pete and Ellen Tallman

Originally adapted from Fresh Peach Ice Cream recipe in the *New York Times Cook Book*, (1961 edition) and later re-proportioned to use with Cuisinart 1½-quart Ice Cream Maker.

Fresh dairy products are key. Do everything possible to get pasteurized heavy cream instead of widely available but off-flavored ultra-pasteurized.

Pre-freeze a dozen or two small blueberries to add toward the end for texture interest.

Custard Mixture

Combine:

½ cup sugar
dash or two salt
1½ Tablespoon flour

Then add:

1 or 2 eggs, slightly beaten
½ cup whole milk

Mix until smooth. Then add:

½ cup whole milk (for a total of 1 cup milk)

Cook over low heat in a double boiler, stirring constantly, until it coats a metal spoon. Remove from heat. Cover the surface of the custard with plastic wrap or waxed paper to prevent a skin from forming. Refrigerate until cool.

Blueberry Mixture

Combine:

1¼ cup puréed blueberries
(from about 2 to 2¼ cups whole blueberries)
¼ cup sugar
Big pinch finely grated lemon rind
Heaping ⅛ teaspoon cinnamon

Purée the berries using a food blender. If using frozen blueberries, purée with a food processor or blender while still frozen so the skins are broken up, then thaw and mix with the other ingredients. Mix and refrigerate until final assembly.

Final Assembly

Mix together before introducing to ice-cream maker:

Custard Mixture
Blueberry Mixture
1½ teaspoon vanilla extract
1½ cup heavy cream

Freeze mixture according to ice-cream-maker instructions. When the mixture is partly frozen, add the pre-frozen blueberries.