

# Spiced Beet Ice Cream

Note: How you make your ice cream depends on your dairy preferences as well as the kind of machine you have. In this episode we talk a bit about different ice cream types. Below we give you a basic “Philadelphia-style” ice cream recipe adapted to include the beets. This type of ice cream is a non-egg style. New York Times has a fabulous base recipe if you prefer an egg-based custard style ice cream.

## INGREDIENTS:

- 2-4 beets -- juiced
- 2 cups heavy cream
- 1 1/4 cup combined milk + beet juice
- 3/4 cup sugar
- 1 tablespoon vanilla extract (or fresh vanilla – 1 pod scraped)
- Spices such as cardamom, ginger, and cinnamon to taste

## METHOD:

1. **Prepare the ice cream mixture:** In a bowl, stir together the cream, milk and beet juice. Add the sugar and whisk until the sugar is dissolved, 3 to 4 minutes. Test for graininess by tasting a small amount of the liquid; it should feel smooth on the tongue and there should be no sugar visible on the bottom of the bowl when it is stirred or spooned out. Continue whisking, if necessary, to ensure that the texture of the finished ice cream will be smooth. Stir in the vanilla and spices to taste
- **Chill the ice cream mixture:** Put mixture into a bowl and place a piece of plastic wrap directly onto the surface and on top of the bowl. Refrigerate for at least 3 hours or up to 24 hours.
  - **Churn the ice cream:** Prepare an ice cream maker with at least a 1-quart capacity according to the manufacturer's instructions. Remove the plastic wrap from the cream mixture and bowl. Pour the well-chilled cream mixture into the mixing container of the ice cream maker and freeze according to the manufacturer's instructions. The timing will depend on the type of machine and the temperature of the cream mixture.
  - **Store or serve the ice cream:** The ice cream can be served immediately, directly from the mixing container, but it will have a very soft consistency and a mild flavor. For a fuller flavor and a firmer consistency, use a rubber spatula to transfer the ice cream to a plastic freezer container. Cover tightly and freeze until the ice cream is firm, at least 3 hours or up to 2 days. The ice cream is at its best when served within 12 hours of freezing. (Philadelphia-style ice cream tends to become grainy more quickly and is best eaten within a day or two of churning.) Makes about 1 quart.