

Fennel Ice Cream Inspired by Molly Chappellet

Show: Jul. 3th

Ingredients: Makes one quart

2 cups Half and Half
1 small Fennel Bulb, finely sliced
6 egg yolks
2/3 cup sugar
1 cup heavy whipping cream
1 – 2 tablespoons Anisette, Pernod or Ouzo
1 tablespoon Fennel tops, chopped (optional)

Procedure:

In a double boiler heat half and half along with the sliced fennel bulb. In a bowl whisk together egg yolks and sugar. When the half and half is hot, slowly Add about a cup to the egg yolk sugar mixture whisking constantly to temper the egg yolks so they do not scramble. Now pour the egg yolk mixture into the double boiler with the remaining hot fennel flavored half and half. Heat over gently simmering water until the custard mixture begins to thicken and coats the back of a spoon.

Next strain the mixture into a metal bowl, pressing down on the fennel so as not to lose any liquid. Discard the fennel. Add the cream, liqueur and chopped fennel tops. Thoroughly chill the custard in an ice bath or in the refrigerator for a couple of hours.

Now freeze the ice cream base in an ice cream maker according to the manufacturer's directions.

Presentation Ideas:

Serve in martini glasses. Dip or wet the lip of the glass with the same liqueur as you used in the recipe and then dip the rim again in sugar. Garnish with fennel flowers, they are edible.

Note:

In the Art of Food TV show the Cuisinart ice cream maker was used (available at Brinton's

Complete Kitchen department) which turns ice cream in pre frozen bowls in about 15 to 20 minutes.

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