

Fresh Mint Chip Ice Cream

a recipe from www.maureenabood.com

The mint flavor in this ice cream depends entirely on how much mint, or na'na, is used to infuse the milk and cream. It will seem like a ton of mint leaves are used, but that is necessary for full flavor. I have no hesitation about using a touch of green food coloring to go green on my mint chip. Use the best quality milk and cream you can find (local and organic is ideal). Makes 1 quart of ice cream.

1 cup milk
2/3 cup sugar
½ teaspoon salt
½ teaspoon vanilla
2 cups (packed) mint leaves
2 cups cream
Drop of green food coloring (optional)
3 oz. dark chocolate, coarsely chopped

In a small saucepan, combine the milk and 1 cup of the cream, sugar and salt. Over medium heat, bring the milk to a boil, then reduce heat and simmer until the sugar is dissolved. Remove from the heat and add the vanilla.

In a small bowl, muddle the mint leaves with the end of a wooden spoon until they are slightly broken up to release the flavor. Add the mint to the hot milk, cover and infuse for 2 hours or up to overnight in the refrigerator for more mint flavor (taste and see).

Strain the milk through a fine mesh strainer into a small bowl, pressing on the mint solids to extract as much flavor as possible. Add the remaining cup of cream (and green coloring if using).

Chill the mixture in the bowl set over an ice bath or in the refrigerator. Process in your ice cream maker according to the manufacturer's instructions.

When the ice cream is nearly finished churning, add the chopped chocolate continue to churn until the chocolate is evenly distributed and the ice cream is finished.

Serve immediately or freeze in an airtight container until the ice cream reaches desired firmness.