

Recipe for Roasted Strawberries and Strawberry Ice Cream

The amount of sugar you will need depends on the sweetness of the strawberries. Michelle's recipe calls for $\frac{1}{3}$ cup, but I reduced mine to 3 TBS of sugar. I cut her recipe in half and ended up with a generous cup of roasted strawberries and 4 cups of ice cream. My tasters approved of the richly flavored ice cream, even though my 40-year-old ice cream machine is having issues and I think I need to replace it with a new one. I liked the ice cream best when it was soft, after just a few hours in the freezer. However, most of it was eaten when it had been in the freezer for days. I made my own version of a banana split with it for some Swiss friends. I hope you enjoy this recipe as much as I did.

Ingredients for Roasted Strawberries:

This amount make a little more than 1 cup .

1 pound strawberries

3 TBS sugar

Preheat oven to 300°F Fahrenheit (150°Celsius)

Directions for the Roasted Strawberries :

Arrange the strawberries in a single layer in a glass dish or baking dish and sprinkle the sugar over it. Roast the strawberries for about 3 hours, stirring every hour, until the juice has been reduced to a syrup. After the berries have cooled, transfer them with their juices to an airtight container. They will last in the fridge for several days.

Ingredients for the Ice Cream:

2 cups strawberries
1 cup heavy cream
4 egg yolks
¼ cup granulated sugar
¾ -1 cup roasted strawberries

Directions for the Ice Cream:

Wash and hull the strawberries. Puree them in a blender or food processor. You should have about a cup and a half.

Heat the cream in a heavy saucepan until it begins to bubble at the edges of the pan. Whisk together the egg yolks and sugar in a bowl. Gradually whisk some (about ⅓) of the hot mixture into the egg yolk mixture. Be careful or the mixture will curdle and you will have to start all over again. Pour the mixture back into the pan with the remaining cream and cook, stirring often, until it registers 170°F (200 Celsius) on an instant-read thermometer. Pour the mixture through a sieve, stir in the strawberry puree, cover and refrigerate overnight. Process the mixture in an ice cream maker. Follow the instructions for your machine. When the ice cream is completely frozen, add the roasted strawberries with some of the syrup and continue churning it for a few minutes. Transfer the ice cream to a container and freeze.

Guten Appetit!

Recipe from Baking at the 20th Century Cafe

By Michelle Polzine

Posted by the Sunnycovechef