

## CMBA Picnic Fare – August 2013 – Chef Levi Briggs

### Salty Honey Ice Cream

6 oz honey  
2 teaspoon Maldon sea salt (or nice kosher salt works too)  
2 cup whole milk  
2 oz sugar  
8 large egg yolks  
2 cup heavy cream

1. Prepare an ice bath by adding ice in a large bowl and adding a few splashes of water. Set a slightly smaller bowl inside the bigger bowl and set a sieve or strain inside the smaller bowl. Set the whole ice bath contraption aside.
2. In a small saucepan or skillet, heat the honey over medium-low heat. Add the salt and mix; take the pan off the heat and set it aside.
3. To a medium saucepan, add the milk and sugar; heat over medium until the milk reaches a slight simmer and the sugar dissolves. Once it reaches the simmer, remove the pan from the heat.
4. In a medium mixing bowl, beat the egg yolks together, thoroughly. Next you're going to temper the milk mixture. Whisking the entire time, add about 1 cup of warm milk to the egg yolks. Add the remainder of the milk to the egg yolk mixture and whisk. Return the entire mixture back to the medium saucepan and place over low heat. Cook the milk and yolk mixture, stirring constantly, until the thermometer reads 160 to 165 degrees F and the mixture appears thick and coats the back of the spoon.
5. Pour the mixture through the sieve into the bowl. If the honey has cooled, quickly rewarm it and add it to the egg yolk mixture, mixing thoroughly. Lastly, stir in the heavy cream. Keep mixing until the mixture is room temperature. Wrap the bowl in plastic and transfer it to the fridge for 4-5 hours, or overnight, until very cold.
6. Churn the mixture into the bowl of your ice cream maker, according to your ice cream maker's instructions. Serve immediately for soft serve or alternatively transfer to a freezer-safe container and freeze overnight.

Chef Levi Briggs:

Chef of Regents Glen Box Hill Club, 1-888-734-4538

Chef Instructor at Yorktowne Business Institute, 717-814-3109

Owner and Chef of LAB-Concepts (find us on Facebook), 262-909-4176

Email- [lbriggsconcepts@gmail.com](mailto:lbriggsconcepts@gmail.com)