

MY HUSBAND COOKS:

A TASTY LOOK AT THE FOOD HE MAKES AND I EAT.

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Uneven Pavement Ice Cream

Cashew Ice Cream

Ingredients:

2 cups heavy cream
1 cup whole milk
1 cup salted, roasted cashews (crushed/chopped)
1/2 cup salted, roasted cashews (whole or halves)
2 egg yolks
1 cup sugar
1 tsp. vanilla extract
1/4 tsp. salt

Toffee chips

Ingredients:

1/3 cup butter
1/2 cup sugar
1 tbsp. corn syrup
1 tbsp. water
1/2 tsp. vanilla

Marshmallow fluff

Ingredients:

1 egg white (or equivalent egg substitute)
2/3 cup corn syrup
2/3 cup confectioner sugar
1/2 tsp. vanilla extract
1/4 tsp. salt

Directions:

Making the base of the ice cream

1. In a small bowl, whisk together the sugar and the egg yolks. Set this aside. Preferably over a double boiler, combine cream, milk, chopped cashews and salt. Whisk regularly until the temperature reaches 140F.

2. Once the liquid reaches temperature, it is time to temper the egg/sugar mixture. Slowly add about half of your hot cream mixture to the eggs and sugar, while whisking vigorously. Next, add the tempered egg mixture back to the original milk and cream and continue to whisk. Heat until the liquid coats the back of a spoon evenly or reaches 165F. Remove from heat, add the

vanilla and immediately transfer to a container to cool down. Either cover and refrigerate overnight (preferred) or place in the freezer for 2 to 3 hours until very cool.

Making the toffee

3. Line a sheet pan with a piece of parchment paper or a silpat. Next, in a small pot or saucier, melt the butter over medium high heat. Once the butter has stopped frothing, add sugar, corn syrup and water. Gently stir using a wooden spoon or heat resistant silicon spatula until the mixture reaches 300F. This is the “hard crack” stage and is typified by very small bubbles and a lava-like consistency. At this point, it is very dangerous if it spills on you, so be careful. Once it has reached this temperature, which should not take long given the small amount of liquids, quickly add the vanilla, stir in, and then pour out onto your lined sheet pan. Gently smooth the surface and then set aside to cool for 15 min. Once cool, break into pieces you feel is suitable for ice cream.

Churning the ice cream

4. Following your ice cream maker’s instructions, churn the ice cream while adding the whole cashews and toffee pieces as soon as possible. Once completed, place in a covered container to set up in the freezer.

Making marshmallow veins

5. In a large bowl or in a stand mixer, whisk together all the ingredients. The mix should come together quickly and resemble something similar to marshmallow fluff. After the ice cream has set in the freezer for approximately an hour — it should be firmer but not stiff — gently fold in as much of the marshmallow mix is you desire. Return to freezer and let harden for at least another 3 hours. Once the ice cream is finally set, enjoy!