

LONGBOARD

Vineyards

GINGER VANILLA ICE CREAM

INGREDIENTS

- 4 large egg yolks
- 1/2 cup sugar
- 1/4 cup coarsely grated peeled fresh gingerroot
- 2 tablespoons water
- 2 cups half-and-half
- 1 cup heavy cream
- 1 teaspoon vanilla
- 1/2 cup crystallized ginger

PREPARATION

In a large bowl lightly whisk yolks. In a 3-quart heavy saucepan cook sugar, fresh gingerroot, and water over moderate heat, stirring occasionally, 5 minutes. Add half-and-half and bring to a simmer. Add hot half-and-half mixture to yolks in a slow stream, whisking, and pour into pan. Cook custard over moderately low heat, stirring constantly, until a thermometer registers 170°F. (Do not let boil.)

Pour custard through a sieve into cleaned bowl and stir in cream and vanilla. Cool custard. Chill custard, its surface covered with plastic wrap, until cold, at least 3 hours, and up to 1 day.

Finely chop crystallized ginger. Freeze custard in an ice-cream maker, adding crystallized ginger three fourths of way through freezing process. Transfer ice cream to an airtight container and put in freezer to harden. Ice cream may be made 1 week ahead.

4 egg whites
4 ounces sieved [icing sugar](#)
4 egg yolks
1/2 pint double cream or 1/2 pint whipping cream
3 -4 pieces stem ginger in syrup

Directions:

Whisk the egg whites until they hold stiff peaks, then whisk in icing sugar, 1 tblsp at a time to form a stiff meringue.

Stir in the egg yolks one at a time until the mixture is an even gold colour.

In a separate bowl whisk the cream till it hangs on the whisk, then fold into the egg mixture and then add the finely chopped stem ginger.

Put into a container, put the lid on and freeze until firm 4-6 hours Makes 1.5 ltrs.

Note: Add a little liqueur or any other alcohol to the mixture before freezing will give a softer consistency, if desired, leave out if serving for children.

For Vanilla Ice Cream: Instead of stem ginger, use 1 teaspoon of vanilla essence or replace 1 oz of icing sugar with vanilla sugar.