Roasted Strawberry Balsamic Ice Cream
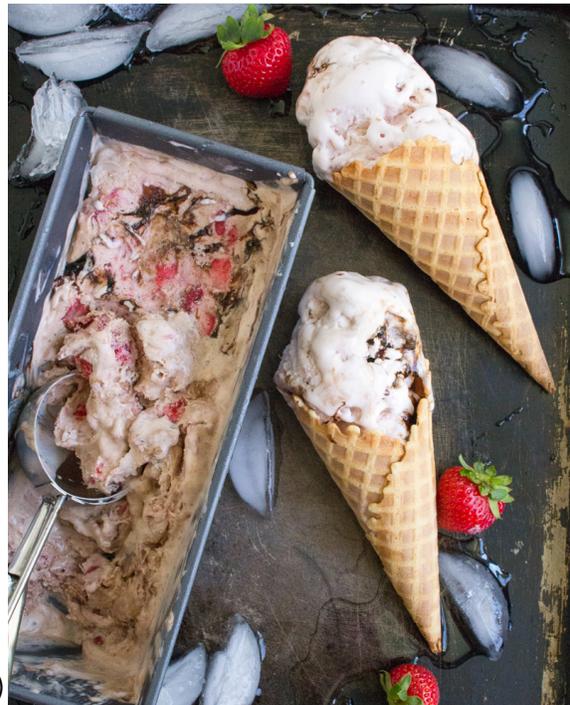
makes: 2 servings

Ingredients:

1 cup cold, heavy whipping cream

1/2 cup cold, condensed milk

1 tsp vanilla

1/2 tsp salt

20 strawberries washed and stemmed

2 tbsp balsamic glaze
(or 2tbsp balsamic vinegar and 1 tbsp sugar)

Directions:

1. Preheat your oven to 400 degrees Fahrenheit.

2. Mix together 10 whole strawberries with your salt, balsamic vinegar (and sugar). Spread it evenly on a baking sheet lined with aluminum foil/ silicone mat/ parchment paper. Bake for 10-12 minutes until the strawberries are blistered, caramelized and your kitchen starts to smell heavenly. If the balsamic starts to burn during the baking process, lower your oven temperature and/ or remove the berries from the oven.

3. In a large mixing bowl, whip your heavy whipping cream with a hand mixer or whisk until medium to stiff peaks form.

4. Add in your condensed milk, vanilla and roasted strawberries. Avoid adding in the completely charred balsamic caramel as it will make the ice cream very bitter- only add in the strawberries and any loose balsamic. Break up the berries with your whisk and continue to whip until thoroughly combined.

5. With your remaining strawberries, mince them up until you are left with fine chunks and looks like chunky baby food Fold this into your ice cream mixture using a spatula.
6. Pour ice cream batter into a loaf pan, a freezer safe dish or an ice cream tub. Cover with cling wrap making sure it is touching the ice cream. Freeze for at least 4 hours or overnight.
7. Thaw for 5 minutes before serving and enjoy!

Notes:

Since we are not making this ice cream in an ice cold machine, it is important that all your kitchen tools are very cold! And hour before making your ice cream, place your mixing bowl and your whisk/ hand mixer whisk attachments in the freezer. I would also recommend leaving your heavy whipping cream and condensed milk over night as well. The colder everything is, the faster and more creamier the ice cream will form.