

NO-CHURN SALTED CARAMEL BOURBON ICE CREAM

INGREDIENTS

Makes: 1 litre / 2 pints

METRIC

U.S.

- 397 grams can carnation caramel or dulce de leche
- 300 millilitres double cream
- 1 - 2 teaspoons Maldon sea salt flakes or ½-1 teaspoon fine sea salt
- 1 - 3 x 15ml tablespoons bourbon or brandy
- pecan nuts (optional) for serving

METHOD

You will need 2 x 500ml / 2 x 1-pint airtight tubs or containers

1. Scrape the caramel condensed milk or dulce de leche into the bowl of a freestanding mixer or, if you're using an electric hand whisk, just into a large bowl, then add the cream and 1 teaspoon of the salt and whisk until it thickens.
2. Taste to see if it's salty enough for you, remembering that the saltiness will be much more muted (as will the sweetness) once it's frozen. If you want more salt (and I always do) add more to taste and begin whisking slowly while gradually adding half the Bourbon. Taste again to see if you want to add the rest of the Bourbon. If so, pour in, whisking gently. I usually end up using all 3 tablespoons.
3. Give a good fold by hand, using a silicone spatula, then decant into your tubs and put into the freezer for 8 hours or overnight.

4. This ice cream is fairly soft-serve, and will be softer the more Bourbon you use, so there's no need to let it stand out of the freezer before serving, either as it is, or sprinkled with chopped pecans.

ADDITIONAL INFORMATION

FREEZE:

Best within 1 week of making, but can be kept for up to 1 month in the freezer.