

Buttermilk Ice Cream

Buttermilk is one of my favorite things to use in the kitchen. It has a strong, cheesy taste if you drink it from the carton, but turns magically into a rich lemony cool treat when frozen.

Serves 4

Ingredients

1 cup 2% milk
4 large egg yolks
3/4 cup sugar
2 cups cold low-fat, 1 % buttermilk
1 teaspoon lemon extract

Directions

Bring milk to simmer in heavy medium-size saucepan. In a separate large bowl, whisk egg yolks and sugar until blended. Using a large ladle, gradually whisk a small amount of the hot milk into egg yolk mixture whisking continuously so that the egg mixture does not scramble from the heat. Continue to add the cream gradually, then return mixture to saucepan.

Stir over medium heat until mixture thickens slightly, and clings to the back of the spoon, about 4-6 minutes. Strain into bowl and stir in cold buttermilk. Refrigerate until cool, then process in ice cream maker or freeze in a large container, stirring the mixture occasionally as it freezes.