

# Salted Caramel Ice Cream

From The Larissa Monologues at [blog.larissamarks.com](http://blog.larissamarks.com)

Prep time: 20 minutes

Yield: about 1 1/2 pints

## Ingredients

- 3/4 cup plus 1/2 cup sugar, divided
- 3 tablespoons water
- 2 cups heavy cream
- 1 cup whole milk
- 1/8 teaspoon plus 1/4 teaspoon fine sea salt, divided
- 6 large egg yolks

## Directions

In a medium pot over medium heat, melt 3/4 cup of sugar with 3 tablespoons water, swirling pan frequently until the sugar turns dark amber brown.

Stir in 1/2 cup sugar, heavy cream, milk, and 1/8 teaspoon sea salt. Simmer until caramel and sugar dissolves, and cream mixture is completely smooth, about 5 minutes. Remove pot from heat. In a separate bowl, whisk egg yolks. Whisking constantly, slowly whisk about 1/3 of the hot cream into the yolks, then whisk the yolk mixture back into the pot with the cream. Return pot to medium-low heat and gently cook until mixture is thick enough to coat the back of a spoon (about 170 degrees on a kitchen thermometer).

Strain through a fine-mesh sieve into a bowl. Cool mixture to room temperature. Cover and chill in fridge for at least 4 hours or overnight. Churn in an ice cream machine according to manufacturer's instructions. Serve directly from the machine for soft serve, or store in freezer.