

# Brown Sugar Cinnamon Ice Cream

Poetry & Pies

**prep time:** 10-15 minutes

**chill time:** 1 hour

**churn time:** 30 minutes

**freeze time:** 4-8 hours

**total time:** 9 hours, 45 minutes

**servings:** about 9 (½ cup servings)



## Ingredients

- 3 large egg yolks, room temperature
- ½ cup (100g) brown sugar
- ¾ cup (170g) whole milk
- 1 tablespoon (13g) [pure vanilla extract](#)
- pinch sea salt
- 1 teaspoon (2g) [ground cinnamon](#)
- 1 ½ cups (360g) heavy whipping cream, cold
- ice cream maker, prepped per directions (optional—see no-churn option at the bottom)\*

## Instructions

1. Follow your ice cream maker's directions to prepare it for use, which could include placing the bowl in the freezer for up to 24 hours\*.
2. Whisk the egg yolks and brown sugar in a medium mixing bowl. Whisk until lighter and frothy, 2-3 minutes. At first it may seem thick and clumpy, but keep going until the sugar melts and it becomes lighter in color and frothy. Set aside.
3. Combine the whole milk, vanilla, cinnamon, and a pinch of sea salt in a medium saucepan over medium heat, stirring frequently, until it begins to steam and small bubbles begin to form along the edge of the pan.

4. Temper the milk into the eggs by very, very slowly streaming the milk into the eggs while whisking the eggs very quickly. Be sure to whisk constantly and quickly as you do this to avoid scrambling the eggs.
5. Once all of the milk has been added to the eggs, scrape the mixture back into the saucepan and cook, stirring constantly with a rubber spatula (be sure to get to the edges and corners), until the mixture has thickened enough to coat the back of a spoon. It should feel thicker as you stir, as well, similar to instant pudding before it's chilled.
6. Remove from stove and pour back into the bowl the eggs were in. Stir for a couple of minutes to cool slightly, then add the heavy cream to stop the cooking process.
7. Cover well and refrigerate until cool, about 1 hour.
8. Once the mixture is cooled, follow your manufacturer's directions to churn the ice cream. Don't overmix. It should just start looking like ice cream when you stop the mixer.
9. Once the ice cream is finished, pour into a [9x5 loaf pan](#) or an [ice cream container](#). Cover well and freeze for at least 4 hours, ideally overnight. You may need to let it sit on the counter for 5 minutes before scooping.

Enjoy!

*Store leftovers in an airtight container. Ice cream should last at least 1-2 months, but this can vary depending on your freezer and how well-sealed it is.*

*\*If you do not have an ice cream maker, you can make this a no-churn ice cream. Follow the directions up to step 7. When the custard is cooled, Place the heavy whipping cream in the bowl of a stand mixer fitted with the whisk attachment (or use a large mixing bowl and a handheld mixer). Beat on medium until frothy then increase speed to high until stiff peaks just begin to form (the mixture will turn matte in appearance—watch carefully and stop your mixer when this just begins to happen). Fold  $\frac{1}{3}$  of the whipped cream into the chocolate custard until fully combined, then continue with the next  $\frac{1}{3}$  of the whipped cream, followed by the final  $\frac{1}{3}$  until all whipped cream is mixed in. Freeze at least 8 hours.*