

## BROWN BREAD ICE CREAM

### *Ingredients:*

- 130g sugar
- 4 Egg yolks
- 220ml cream
- 200ml milk
- 1/3 vanilla bean
- 250ml volume stale brown bread crumbs
- 75g dark brown sugar
- 1 tablespoon water

### *What to do:*

1. Cut the vanilla bean lengthwise and put in a saucepan with the milk.
2. Bring the milk to a simmer. Remove from the heat.
3. Stir for about a minute. Remove the vanilla bean.
4. Beat the sugar and egg yolks together until thick and pale yellow.
5. Beat the warm milk into the eggs and sugar in a slow stream (don't over mix).
6. Pour the mixture back into pan, and place over low heat.
7. Stir until the custard thickens (around 60C).
8. Allow the custard to cool.
9. Stir in the cream.
10. Melt brown sugar and water in a saucepan over medium heat until the sugar crystals have dissolved.
11. Stir in the bread crumbs and allow to cool.
12. Freeze the mix using a domestic ice cream machine, or cover and place in the freezer.
13. Add the brown bread once the ice cream is thick.

*Notes: 1. Use a very dark brown bread for best results. 2. If it is a fresh loaf, you can crush it into crumbs, spread it on a baking tray, and bake it at low temperature (50C) for a couple of hours to dry it out. 3. A fast way to make (small) bread crumbs is to use a blender or food processor*