



## SWEET CORN ICE CREAM

Sweet corn is a favorite ice cream flavor in Mexico, where the kernels are usually stirred in whole. We've grated them to extract their sweet, milky liquid and used the kernels and liquid as part of the custard base. Prep and Cook Time: 40 minutes, plus chilling and freezing time.

2 ears corn  
1 cup heavy whipping cream  
1 1/2 cups milk  
1/2 cup sugar  
4 egg yolks  
1/2 teaspoon vanilla extract

1. Set a box grater in a large bowl. Using the large holes, grate corn kernels (and their "milk") off the cobs. Discard cobs.
2. In a medium saucepan over medium heat, combine cream, milk, and corn. Bring to a simmer. Meanwhile, in a medium bowl, whisk sugar and egg yolks until pale and thick. When cream mixture reaches a simmer, slowly ladle 1/2 cup of it into egg mixture, whisking constantly. Repeat with another 1/2-cup ladleful. Reduce heat to low, whisk warmed egg mixture into saucepan, and cook, whisking, until mixture thickens a bit, about 5 minutes.
3. Pour mixture into a medium bowl, stir in vanilla, cover with plastic wrap (letting the wrap sit directly on the mixture's surface), and chill at least 2 hours and up to 1 day.
4. Freeze in an ice cream maker according to manufacturer's instructions. Serve immediately or transfer to an airtight plastic container and freeze up to overnight.

Adapted from a recipe by Wholesome Chef