

Pumpkin Ice Cream

The season's most distinctive natural flavor, pumpkin always tastes best with cinnamon and cloves.

This delicious ice cream - a lighter, more refreshing alternative to traditional pie - features a hint of ginger, renowned for centuries as a cleansing digestive aid. Your guests will leave the table feeling satisfied, not stuffed.

Serves 6-8

1 pint half-and-half
3/4 cup sugar
4 large egg yolks
1 can (15 ounces) solid-pack pumpkin
1 cup heavy or whipping cream
1/4 teaspoon ground cinnamon
1/4 teaspoon ground ginger
pinch of cloves

1. In a heavy medium saucepan, heat half-and-half and 1/2 cup sugar over medium-high heat until small bubbles appear around edge of pan.
2. Meanwhile, in a medium bowl, whisk egg yolks with remaining 1/4 cup sugar. Gradually whisk hot half-and-half mixture into egg-yolk mixture. Return mixture to saucepan; cook over medium-low heat, stirring constantly, just until mixture coats the back of the spoon (do not boil).
3. Strain custard mixture through a fine sieve into large bowl; whisk in pumpkin, cream, cinnamon, ginger, and cloves. Cover, and refrigerate until well chilled, at least 2 hours or overnight.
4. Freeze in an ice-cream maker according to manufacturers' instructions.

Courtesy of
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