

SUNSHINE FOR CHARLOTTE

Taste the Sunshine, Spread the Hope

Description

Sunshine for Charlotte is more than just ice cream; it's a scoop of hope and happiness. Imagine the taste of a sun-ripened orange, blended with rich cream and a swirl of golden honey. The candied orange peel adds a delightful chewiness and concentrated burst of citrus, making every bite a celebration of flavor. This recipe is dedicated to bringing a little sunshine into Charlotte's day, and hopefully yours too!

Ingredients

Base Ingredients:

- 2 cups orange juice (fresh squeezed is best)
- 1 ¼ cups heavy cream
- ¾ cup whole milk
- ½ cup honey
- ¼ teaspoon salt
- 1 Tablespoon lemon juice
- 1 teaspoon vanilla extract

Candied Orange Peel:

- 1 cup freshly squeezed orange juice
- Zest of 2 oranges (reserve peels for candying)
- ½ cup water
- ½ cup granulated sugar (for candying)

Instructions

1. Make the Candied Orange Peel:

- Carefully remove the peels from the oranges in large strips, avoiding as much of the white pith as possible.
- Cut the peels into thin strips.
- In a saucepan, combine the orange peel strips with water and bring to a boil. Boil for 1 minute, then drain.
- Repeat this process twice to remove bitterness.

- In the same saucepan, combine the blanched orange peel strips with ½ cup water and ½ cup sugar.
- Bring to a simmer over medium heat, stirring until the sugar dissolves.
- Reduce heat to low and simmer for about 45-60 minutes, or until the peels become translucent and most of the liquid has evaporated.
- Remove from heat and let the candied peels cool completely on a wire rack.
- Once cooled, chop the candied peels into small pieces.

2. Prepare the Ice Cream Base:

- In a medium saucepan, combine the heavy cream, whole milk, sugar, and salt.
- Heat over medium heat, stirring constantly, until the sugar is dissolved and the mixture is warm but not boiling.
- Remove from heat and stir in the vanilla extract, orange juice and orange zest and honey.
- Let the mixture cool completely. You can speed this up by placing the saucepan in an ice bath or refrigerating for several hours (ideally overnight).

3. Churn the Ice Cream:

- Pour the chilled ice cream base into your ice cream maker and churn according to the manufacturer's instructions (usually 20-25 minutes).
- During the last few minutes of churning, add the chopped candied orange peel.

4. Freeze and Enjoy:

- Transfer the churned ice cream to an airtight container.
- Freeze for at least 2-3 hours to allow the ice cream to harden further.
- Serve and enjoy the Sunshine for Charlotte!

Tips & Variations

- **Candied Orange Peel:** You can purchase this ingredient premade instead of making your own.
- **Orange Extract:** For a more intense orange flavor, add ½ teaspoon of orange extract to the ice cream base.
- **Honey:** Consider using different varieties of honey to add different flavor profiles.
- **Serving Suggestion:** Pair with a slice of orange cake or shortbread cookies for a complete dessert experience.