

BEE - LICIOUS ICE CREAM RECIPE

Try this homemade honey ice cream recipe for a super creamy and naturally sweetened treat.



Prep Time: 40 min
Candy Cooling + Crushing Time: 25 min
Cook Time: 15 min
Resting Time: 10 hrs
Total Time: 10 hrs 30 min
Servings: 4

ALL EQUIPMENT :

- ☐ 1 baking (with edges) sheet lined in parchment paper
- ☐ 1 (4 quart) pot
- ☐ Silicon Spatula
- ☐ Digital Thermometer (Candy Thermometer)
- ☐ 1 ice cream maker
- ☐ 1 container (to contain the ice cream when finished)
- ☐ 1 Ice cream scoop

INGREDIENTS FOR ICE CREAM :

- ☐ 1 ½ cups heavy cream
- ☐ 1 ½ cups whole milk
- ☐ ½ cup honey
- ☐ ½ teaspoon salt
- ☐ 1 teaspoon pure vanilla extract
- ☐ 4 large egg yolks

INGREDIENTS FOR HONEYCOMB CANDY :

- ☐ 1 tablespoon baking powder (sifted)
- ☐ 1 ¼ cups white granulated sugar
- ☐ ½ cup honey
- ☐ Pinch of kosher salt
- ☐ 1 teaspoon pure vanilla extract

HONEYCOMB CANDY INSTRUCTIONS

1. Sifting the baking soda is a very important step in this recipe because if you don't it could get clumpy. Sift it into a small bowl in order to have it ready when you need it.
2. This recipe goes very quickly so get together all of your ingredients and supplies. Line a baking sheet with parchment paper and have it nearby. A silicone spatula also comes in handy with this recipe because you don't want the mix to stick to your spoon.
3. In a large pot pour in the sugar, honey, and salt. Heat the sugar mixture to 295 degrees F, about 3-5 minutes stirring it with a silicon spatula to ensure even caramelization. Using a candy thermometer is actually really important so you get the correct temperature. Cook it until it turns to an orangy-yellowish-brown color.
4. Turn off the heat and then immediately add the vanilla extract and baking soda. The mixture will foam up quite a bit. Keep stirring until the baking soda completely dissolves. Quickly pour the honeycomb mixture onto your sheet of parchment paper. Make sure it cools completely.
5. Wait about 5 more minutes before breaking it apart to help make sure it is set. Break the honeycomb into tiny bits (the size of pebbly sand) and store it to an airtight container. Depending on where you live, the moisture can set in and make it a lot less crisp. Be prepared to use this in your ice cream right away (within a day or so).

HONEY ICE CREAM INSTRUCTIONS

1. Heat the cream, milk, honey, salt and vanilla extract in a medium-sized saucepan over medium high heat, until it just barely begins to simmer. DO NOT LET IT BOIL!
2. While the cream mixture is simmering, whisk the egg yolks in a bowl until they are smooth. Set them aside.
3. Pour 1 ½ cups of the warmed cream mixture into a measuring cup.
4. Gradually whisk the cream mixture into the eggs while constantly stirring as you pour it into the bowl. Continuous whisking is important to prevent the eggs from curdling.
5. Pour the egg and milk mixture back into the saucepan while stirring constantly with a wooden spoon. Cook this over medium heat for approximately 10 minutes (stirring all the time) until it is slightly thickened or it registers 180 degrees F. As you are stirring, ensure that you are scraping the bottom edge of the pan as it thickens. The mixture should produce “milk bubbles” on the edge of the pan, which is a good indication of proper temperature. Do not let it boil, as this will scald the cream and milk.
6. Pour the cream mixture into a heat-proof cup and let it cool on the counter for 30 minutes. Cover it with a lid or stretch film and refrigerate for at least 3 hours or for up to 24 hours.
7. Churn the mixture after it has chilled according to the ice cream maker manufacturer’s instructions. Ours took about 15-20 minutes, and in the end, the mixture was the texture of soft-serve ice cream. Then add the crushed honeycomb candy into the mixture.
8. Transfer it to an airtight container and cover it tightly. Freeze it until firm for at least 3 hours, preferably overnight. Serve when cold.