

Creamy Honey Ice Cream

Makes: about 1 litre | Prep: 15 minutes, plus chilling and freezing

Ingredients

300ml double cream

300ml whole milk

150g good-quality honey

4 large egg yolks

1 tsp vanilla extract

Small pinch of sea salt

Method

1. Pour the cream and milk into a saucepan and heat gently until steaming, but do not let it boil.

2. In a bowl, whisk the egg yolks and honey together until smooth and slightly lighter in colour.

3. Slowly pour a little of the hot cream mixture into the honey and egg yolks, whisking continuously. Gradually add the rest.

4. Pour everything back into the saucepan and cook over a low heat, stirring constantly with a wooden spoon or spatula.

5. Continue cooking until the custard thickens enough to lightly coat the back of the spoon. Don't allow it to boil.

6. Remove from the heat and stir in the vanilla and a tiny pinch of sea salt.

7. Leave to cool, then refrigerate for at least 4 hours, preferably overnight.

8. Pour into an ice-cream maker and churn according to its instructions. Transfer to a freezer container and freeze until firm.

No ice-cream maker?

Pour the chilled mixture into a shallow freezer-safe container and freeze for about an hour. Remove it and beat vigorously with a whisk or electric mixer to break up the ice crystals. Return it to the freezer and repeat this every 30-45 minutes for about 3 hours, then leave it to freeze completely.

To serve

Let it stand at room temperature for 5-10 minutes before scooping. Serve with a very light drizzle of honey and perhaps a few toasted walnuts or almonds.

Norfolk Bees tip: This is one recipe where the choice of honey really matters. There isn't much to hide behind, so the floral character, strength and aroma of the honey become part of the finished ice cream. Try making it with different honeys and you'll genuinely taste the difference.