

Meyer Lemon Cardamom Ice Cream

Makes 1 Quart

5 Meyer lemons
1 tablespoon cardamom pods, crushed
1 cup half-and-half
1 cup sugar
1/2 vanilla bean (or vanilla extract)
6 large egg yolks
3 cup whipping cream

Peel 1 lemon with a vegetable peeler, taking care not to cut into the bitter white pith. Place the peel in a nonreactive medium saucepan with the crushed cardamom, half-and-half and sugar. Scrape the vanilla pod seeds into the pan and drop in the pod. Heat over high heat to just under a boil. Remove from the heat, and allow to steep for 10 to 15 minutes.

In a medium mixing bowl, whisk the egg yolks, and then pour in some of the hot half-and-half mixture, stirring constantly. Pour the mixture back into the pan and cook over medium heat, stirring constantly, until it coats the back of a wooden spoon, 4 to 5 minutes.

Pour the mixture through a strainer (I used a cheese cloth) into a bowl.

Finely grate the zest of 2 lemons and add it to the mixture. Allow to stand for 10 minutes.

Add the cream to the mixture. Juice all 5 lemons and add the juice (you should have about three-fourths cup) to the cream mixture. Chill thoroughly.

Put this into the freezer. Stir it a couple times as it thickens and hardens so the ice forms consistently. Serve with a bit of lemon zest on top.