

# Salt and Serenity

## Malted Milk Ice Cream

Very slightly adapted from kingarthur.com

4 Mars bars, chopped into ¼ inch pieces

1½ cups whole milk

1½ cups heavy (35%) cream

¾ cup malted milk powder\*

3 large egg yolks

½ cup granulated sugar

¼ cup light brown sugar

¼ teaspoon xanthan gum\*\*

1 Tablespoon vanilla extract

1. Place the chopped up Mars bar pieces on a parchment lined baking sheet and place in the freezer while you make the ice cream base.
2. Freeze the work bowl of an ice cream maker according to the manufacturer's instructions. You should freeze work bowl for at least 24 hours.
3. Place the milk, cream, and malted milk powder in a 2-quart saucepan set over medium heat. Bring to a simmer.
4. While the milk mixture is heating, whisk together the egg yolks, sugars, and xanthan gum in a large heatproof bowl. Slowly add the hot milk, whisking constantly. Place a strainer over the saucepan and pour the cream/yolk mixture through it back into the pan.
5. Reduce the heat to low and cook the base until it thickens slightly, coats the back of a wooden spoon and reaches 170°F on an instant read thermometer. Remove from the heat; strain it into a bowl set over an ice water bath and stir in the vanilla. Chill mixture for several hours until quite cold.
6. Transfer the chilled base to the ice cream maker and freeze according to the manufacturer's instructions. Once the ice cream has begun to set, pour in frozen chopped mars bars for the last three or four turns of the machine.
7. Transfer the ice cream to a container with an airtight lid and freeze for at least 2 hours before serving.
8. Store, well covered, in the freezer for up to 3 months.

## Notes

\*If you use Ovaltine malted milk powder (available at grocery store), your ice cream will have a mild chocolate flavour as it contains cocoa powder. If you use Hoosier Hill Farms (available on Amazon), it will be lighter in colour and have a more pronounced malt flavour as it does not contain any cocoa powder.

\*\*Xanthan gum helps prevent the formation of ice crystals, which is key to a rich, creamy, smooth ice cream