

# BLACK SESAME ICE CREAM

Adapted from Tiny Urban Kitchen  
Estimated time: 35 minutes, overnight prep required  
Makes about 1.5 quarts

## INGREDIENTS

1 pint (2 cups) heavy whipping cream  
1 pint (2 cups) half & half  
 $\frac{3}{4}$  cup sugar  
4 egg yolks  
 $\frac{1}{2}$  cup + 2 tbsp black sesame seeds

## DIRECTIONS

1. Combine cream, half & half and sugar in a medium saucepan over medium-low heat. Stir often to prevent any scalding until mixture is warm, about 5 minutes.
2. Whisk egg yolks in a small bowl. Slowly add a ladle of the warm cream mixture to the eggs to temper them. Repeat with one or two more ladles of cream.
3. Stirring continuously, slowly pour the tempered eggs into the saucepan with the rest of the cream. Increase the heat to medium. Continue stirring the mixture frequently until it has thickened and coats the back of a spoon (10-12 minutes).
4. Pour the ice cream base into airtight containers and cover the surface of the cream with plastic wrap. Refrigerate overnight.
5. The next day, pour the ice cream base into your ice cream maker and freeze according to the manufacturer instructions. As the ice cream is churning, toast the black sesame seeds in a medium skillet over medium heat for 10-15 minutes until very fragrant, stirring often to prevent burning.
6. Reserve two tablespoons of the toasted seeds (to add texture), and process the rest in a food processor or spice grinder until it forms a paste.
7. Once the ice cream is nearly frozen, add the sesame paste and whole seeds. Continue churning until evenly incorporated.
8. The ice cream will be soft, so transfer into airtight containers and freeze until desired texture is reached.