

Blackberry Ice Cream

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
blackberries	8 cups = 40 oz	cooked down & strained to 20 oz
granulated sugar	2/3 cup = 5.25 oz	
sea salt	1/8 tsp	
heavy cream	1 cup	
whole milk	3/4 cup	
ground cinnamon	1/8 tsp	
lemon juice	1 TBLSP	

- In a very large pot, dump the blackberries, sugar, and salt. Using a kitchen scale, weigh the pot of berries, and write the number of ounces down. You want to cook the berries down by 14 ounces. Bring the berries to a gentle boil over medium heat, then lower the heat to keep the mixture simmering. Use a potato masher to mash the berries, then continue simmering, stirring often, for about 45 minutes. Remove from the heat, and weigh the pot a second time to be sure you have cooked off 14 ounces.
- Over a large bowl, strain the berry mixture through a fine-mesh sieve, pressing and stirring until you have 20 ounces of puree in a bowl. Weigh it to be sure you have 20 ounces. This takes time. Discard the berry seeds and pulp from the sieve.
- Stir in the heavy cream, milk, lemon and cinnamon. Cover and refrigerate for at least an hour.
- Churn in an ice cream machine for 35 minutes. Serve directly from the machine for soft serve, or store in freezer until gobbled up.