



Everything Herbal

by Cheryl Jabz

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Peppermint CHOCOLATE CHIP ICE CREAM

♥ COOL, CREAMY, AND PERFECTLY FESTIVE! ♥

INGREDIENTS

- 2 cups heavy cream
- 1 cup whole milk
- 3/4 cup granulated sugar
- 1/4 tsp salt
- 1 tsp peppermint extract
- 1 tsp vanilla extract
- 5 large egg yolks
- 3/4 cup mini chocolate chips
- 1/2 cup crushed peppermint candies (about 8–10 candy canes)

INSTRUCTIONS

- 1 In a medium saucepan, combine cream, milk, sugar, and salt. Heat over medium heat, stirring occasionally, until the sugar is dissolved and the mixture is hot, but not boiling.
- 2 In a bowl, whisk egg yolks.
- 3 Slowly whisk about 1 cup of the hot cream mixture into the egg yolks to temper. Then pour the yolk mixture back into the saucepan, whisking constantly.
- 4 Cook over medium-low heat, stirring constantly, until the mixture thickens enough to coat the back of a spoon (170–175°F). Do not boil.
- 5 Strain the custard through a fine-mesh sieve into a clean bowl. Stir in peppermint extract and vanilla extract. Cover and chill in the refrigerator for at least 4 hours, or overnight.
- 6 Churn in an ice cream maker according to the manufacturer's instructions. During the last few minutes of churning, add the mini chocolate chips and crushed peppermint candies. Transfer to a container and freeze for at least 2–4 hours before scooping.

TIP:

For a stronger peppermint flavor, add an extra 1/2 tsp peppermint extract to taste.



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