

Barley “Oatmeal” Ice Cream

“Oatmeal”

1 Tbl Butter
½ cup rolled barley
Pinch salt
¼ tsp cinnamon
½ cup water

Ice Cream Base

1 ¼ cups whole milk
1 ¼ cups heavy cream
Pinch salt
½ tsp vanilla extract (or ½ vanilla bean)
3 large egg yolks
¼ cup plus 2 Tbl granulated sugar

Make the “oatmeal”

- Melt the butter in a small saucepan. Add the rolled barley and toast over a medium-high heat for about 3 minutes, or until you start noticing some color change on the barley.
- Add the salt and cinnamon and continue toasting for another 1-2 minutes. The cinnamon should give off a strong aroma.
- Pour in the water and cook, stirring occasionally, over low heat until all the water has been absorbed by the barley. 5 minutes or less.
- Remove from heat and set aside to cool to room temperature.

Make the ice cream base:

- Measure yolks and sugar, but do not combine them. Set them aside to whisk together after you:
- Place the milk, cream, salt, and vanilla (if using bean: split and scrape seeds from vanilla bean; throw everything in with the milk mixture) into a medium saucepan. Heat on medium-low to scald the mixture (just before boiling point). Remove from heat.
- Whisk together the yolks and sugar. Continue to whisk while slowly drizzling in the hot milk mixture. It’s important to do this slowly, otherwise the eggs will curdle.
- Return everything to your saucepan and place over low heat. Stir constantly and gently until the mixture thickens slightly and coats the back of a spoon.
- Strain the mixture into a bowl sitting over an ice bath, and stir until chilled (at least to room temp).

Bring it all together:

- Add the “oatmeal” to the ice cream base, stir, and allow it to soak for 1 hour in the refrigerator.
- Pour everything into a blender and blend on high for 1-2 minutes.
- Strain the barley meal from the ice cream base, and freeze the base according to your ice cream machine’s instructions
- Enjoy! PS: the barley meal you strain from the ice cream base before freezing is really delicious to snack on while waiting for your ice cream to finish.