

# Carrot-Orange Ice Cream with Candied Ginger & Maple Syrup

## INGREDIENTS

2 cups carrot juice  
2 cups half-and-half  
2 cups heavy cream  
1 vanilla bean, split lengthwise  
3 wide strips orange rind  
1 cinnamon stick  
9 egg yolks  
3/4 cup sugar  
1/2 cup caramelized ginger, cut in small dice

Topping: 100% maple syrup

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In a saucepan over medium heat, heat the half-and-half, cream, vanilla, orange rind, ginger and cinnamon stick, whisking occasionally to make sure the mixture doesn't burn or stick to the bottom of the pan. When the cream mixture reaches a fast simmer (do not let it boil), turn off the heat and let the flavors infuse for 10 minutes.

Whisk the egg yolks and sugar together. In a thin stream, whisk half of the cream mixture into the egg yolk mixture. Then pour the egg-cream mixture back into the saucepan containing the rest of the cream mixture. Heat over medium heat, stirring constantly with a wooden spoon. At about 160° F, the mixture will give off a puff of steam. When the mixture reaches 180° F it will be thickened and creamy, like eggnog. If you do not have a thermometer, test it by dipping a wooden spoon into the mixture. Run your finger down the back of the spoon. If the stripe remains clear, the mixture is ready; if the edges blur, the mixture is not quite thick enough yet. When it is ready, quickly remove it from the heat.

Meanwhile, in a bowl put 2 handfuls of ice cubes in the bottom, and add cold water to cover. Rest a smaller bowl in the ice water and pour in the carrot juice. Add the custard after pulling out the orange rinds, vanilla bean and cinnamon stick, and mix well. Cover with plastic wrap so it doesn't form a "skin" on top and chill 3 hours, then continue according to the directions of your ice cream maker.

When ice cream is ready, warm some maple syrup and drizzle on top of a serving. Add a little diced caramelized ginger on top as well, if desired.