

Helergon Kitchen

Butter Pecan Ice Cream – Homemade Sweet & Creamy Dessert

20 min Prep time	**25 min** Cook time	**45 min** Total time
6 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 4 large egg yolks
- [ ] 1/2 cup unsalted butter, melted and cooled
- [ ] 1 tablespoon pure vanilla extract or seeds from 1 vanilla bean

Mix-Ins

- [ ] 1 cup pecan halves, toasted

Instructions

1. In a saucepan, combine the cream, milk, and half the sugar; warm over medium heat until just simmering, then remove from heat.
2. Whisk the egg yolks with the remaining sugar in a bowl until pale; slowly pour the warm cream mixture into the yolks, whisking constantly.
3. Return the mixture to the saucepan and cook over low heat, stirring gently, until it thickens enough to coat the back of a spoon.
4. Stir in the melted butter and vanilla; pour the custard into a shallow pan, cover, and chill in the refrigerator for at least 2 hours.
5. Once chilled, churn in an ice cream maker for 20-25 minutes, or freeze in a pan, stirring every 30 minutes. Fold in toasted pecans just before the final freeze.

Nutrition per serving

350 kcal	4 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra buttery depth, use a touch more melted butter, but be careful not to overwhelm the flavor.
- If you like a stronger pecan taste, toast the nuts a little longer until fragrant.
- A pinch of sea salt at the end can brighten the sweetness.