

Helergon Kitchen

Butter Pecan Ice Cream Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup brown sugar
- [ ] 4 large egg yolks
- [ ] 1 vanilla bean, split and scraped
- [ ] 2 tbsp unsalted butter, melted

Pecans

- [ ] 1 cup pecan halves
- [ ] 1 tbsp butter
- [ ] 1 tbsp brown sugar

Instructions

1. In a saucepan, combine cream, milk, and half the brown sugar; heat until steam rises, then remove from heat.
2. Whisk egg yolks with the remaining sugar, then slowly pour the hot cream mixture into the yolks, whisking constantly.
3. Return the custard to the saucepan, add vanilla seeds and pod, and cook over low heat until it coats the back of a spoon, about 5-7 minutes.
4. Stir in melted butter, strain, and chill the custard in the refrigerator for at least 2 hours.
5. While the custard chills, toast pecans in a dry skillet, then toss with butter and brown sugar; let cool.
6. Churn the chilled custard in an ice-cream maker or follow a no-churn method, adding the toasted pecans in the last few minutes.
7. Transfer to a freezer-safe container, cover with parchment paper, and freeze until firm.
8. Serve scoops topped with a sprinkle of extra pecans and enjoy.

Nutrition per serving

340 kcal	5 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra caramel flavor, drizzle a thin stream of caramel sauce before serving.
- If using a no-churn method, fold the whipped cream gently to retain air.
- Taste the custard before chilling; adjust sweetness with a pinch more brown sugar if desired.