

NOYAU ICE CREAM

(from *Pastry Studio*)

20 apricot pits (*see my comments*)

3/4 C sugar

3/4 C milk

2 1/4 C heavy cream

4 egg yolks

Break open apricot pits with a hammer to remove the small almond-like kernels inside. You may want to use a cloth to keep the bits from flying. Crush the kernels with a mortar and pestle or chop into small pieces.

Place the sugar, milk, cream and kernels in a saucepan and heat right up to a good simmer but just before it boils. Cover and let the mixture steep for 30 minutes to an hour, tasting periodically to check for strength. It should taste of almond, but not bitter.

When you have the desired flavor, heat the milk mixture a bit and pour some of it into the yolks, whisking constantly to temper the mixture. Pour the yolks and cream back into the pan and cook slowly over medium heat, stirring constantly, until it coats the back of a spoon. Strain into a clean container and cool, stirring occasionally. Chill thoroughly.

Pour into your ice cream maker and freeze. Pour into a clean container, cover the surface of the ice cream with a piece of plastic wrap, be sure the container lid is tight and place in your freezer to firm up.