

Grandma's Blackberry Cobbler Ice Cream

Course: Dessert **Prep Time:** 25 minutes **Chill Time:** 2 hours

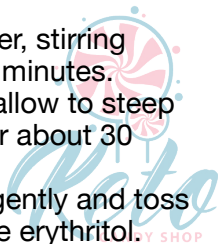
Total Time: 3 hours 10 minutes **Servings:** 8 **Calories:** 282 kcal

Ingredients

- 2 c heavy whipping cream
- $\frac{3}{4}$ c erythritol, separated
- 1 t vanilla extract
- 4 bags berry tea
- 1 c blackberries
- $\frac{1}{4}$ cup butter
- 2 egg yolks
- 1 Tbsp MCT oil
- 1 Tbsp Vodka

Instructions

- Heat cream, 1. $\frac{1}{2}$ c. erythritol, and vanilla extract over medium-low heat until steaming.
- Add tea bags and simmer, stirring constantly, for about 10 minutes.
- Remove from heat and allow to steep with the tea bags in it for about 30 minutes
- Crush the blackberries gently and toss with the remainder of the erythritol.



- Once the cream mixture has cooled, remove the tea bags and return to heat until steaming.
- Add berries and juice to the cream and simmer until berries impart flavour and colour into the mixture. About 5 minutes.
- Remove berry and cream mixture and allow to cool another 30 minutes.
- Strain the mixture into a bowl and reserve both parts (cream and berries)
- Return liquid to stove and melt the butter while stirring constantly.
- In a separate bowl, whisk egg yolks until they become light in colour.
- Add a small amount of the hot cream mixture to your yolks and whisk to temper. Once tempered, add them to the cream mixture on the stove.
- Stir over medium-low heat until the mixture thickens and coats the back of your spoon (175° F)
- Pour the cream into a bowl and place in a refrigerator for at least 30 minutes.
- Add the reserved berries to a food processor or blender and process to desired smoothness.
- Place the berries in the refrigerator to chill with cream mixture.
- Once the cream has chilled, whisk MCT oil and Vodka into the mixture. Add the blackberry puree to the mixture.
- Add to your ice cream maker and allow to freeze according to manufacturer instructions.



