



### HONEY LAVENDER ICE CREAM

2 cups milk  
4 teaspoons cornstarch  
1 ¼ cups heavy cream  
2/3 cup honey  
2 tablespoons light corn syrup  
¼ teaspoon kosher salt  
2 tablespoons lavender  
3 tablespoons cream cheese, softened

In a bowl, stir ¼ cup of the milk and the cornstarch together, set aside. In a medium saucepan, whisk together the remaining 1 ¾ cup milk, cream, honey, corn syrup, salt, and lavender. Bring to a boil over medium-high heat and cook for 4 minutes. Stir in the cornstarch mixture, return to a boil, and cook, stirring, until thickened, about 2 minutes. Put the cream cheese in a bowl and pour in ¼ cup of the hot milk mixture; whisk until smooth, then whisk in remaining milk mixture. Strain the mixture through a fine mesh sieve into a large plastic bag. Seal, and submerge in a bowl of ice water until chilled. Pour mixture into an ice cream maker and process according to manufacturer's directions. Transfer ice cream into a storage container and freeze until set.

NOTES: You can buy edible lavender in the spice aisle. Also, if you don't have an ice cream maker there are a few methods you can use. (Suggestions courtesy of *Saveur* magazine.)

1. Put a coffee can filled with the ice cream base into a larger can filled with ice and rock salt. Close both cans with plastic lids and shake for 25 minutes.
2. Fill a bowl with the ice cream base, put in freezer, and mix on medium speed with a hand mixer every 2 hours to break up any ice crystals that may have formed. This will give you a chunkier ice cream.
3. Freeze the ice cream base in ice cube trays and then pop the cubes into a food processor. Pulse for a few seconds to make ice cream.

Recipe courtesy of Karly Vardaman, [www.kitchenpsycho.com](http://www.kitchenpsycho.com)