

# The delectable cook's ICY SPICY

Treat yourself to the hottest thing that cools you down when opposites attract in her latest creation, the Chili Ice-Cream.

Follow Pia Zain's gourmet adventures at [delectablecooks.com](http://delectablecooks.com) for more exciting recipes using only the finest ingredients from O'Gourmet.







## Ingredients (makes about 1 quart):

- 3 cups milk / cream – I used 1 cup milk + 2 cups cream. You can certainly change the ratio, but the more cream you use, the smoother the finished product
- 2 vanilla beans or 2 tbsp vanilla essence / paste
- 1/4 tsp salt
- 3/4 cup caster or light brown sugar
- 5 egg yolks (whites reserved for another use)
- 1 – 2 tbsp chili powder, added in increments of 1/4 tsp at a time – to your taste
- 2 – 3 tbsp cocoa nibs (optional, but wonderful)

### Recipe:

- Pour the milk / cream into a large saucepan. Split the vanilla beans, and scrape out the seeds into the milk / cream. Add the beans to the milk as well. Add the salt and half a cup of the sugar, and stir to combine.
- Place the milk mixture on low heat, and bring to about 77°C (170°F). The mixture will start to steam. Stir to ensure all the sugar has been absorbed, and set aside.
- Whisk together the egg yolks and the remaining 1/4 cup sugar, until the yolks are thick and lemon coloured. When you lift the whisk, the yolks should form a ribbon.

- Temper the yolks by pouring about 1/4 of the hot milk mixture into the yolks and whisk well. Pour the yolk/milk mixture back into the saucepan, and stir. Place back on low heat, and bring the mixture back up to 77°C (170°F), stirring all the while. The mixture should coat the back of a spoon.
- Strain the custard through a fine sieve. Discard the vanilla beans (or wash and dry them, and pop them in a canister of sugar) and allow the custard to cool to room temperature.
- Refrigerate the cooled custard for at least 1 – 2 hours.
- Once the custard has cooled, begin to add the chili powder, 1/4 teaspoon at a time, whisking well after each addition. It helps to sieve the custard back and forth between two large bowls, as you add each 1/4 teaspoon of chili powder. This ensures that the chili powder really gets integrated into the vanilla custard, and allows you to taste its heat.
- Once you have reached your optimum chili level, add the custard to an ice cream maker, and process according to the maker's directions.
- As soon as the ice cream has been processed, scoop it out into a container (it will be very soft, and you will need to work quickly), and fold in the cocoa nibs, if using. Sprinkle a few cocoa nibs on top, and freeze overnight to allow the ice cream to ripen.
- Serve as is, or with hot fudge sauce and pear port chili jam for a wicked and decadent sundae.

