

Salt and Serenity

Turtle Ice Cream

Special equipment needed: ice cream maker (I have [this one](#)), instant read thermometer, fine mesh sieve. Make sure you have frozen the canister from the ice cream machine for at least 24 hours before using it.

This ice cream is inspired by the chocolate covered caramel and pecan candy sold as Turtles. I started with a salted caramel ice cream base (from [Rose's Ice Cream Bliss](#) book). Then I mixed in toasted buttered pecans, chopped caramels, and drizzled in hot fudge sauce. Yes, it's over the top delicious.

Take note that the ice cream base needs to be chilled for at least 8 hours before pouring it into the ice cream machine.

Ice Cream Base:

40 grams ($\frac{1}{8}$ cup) corn syrup
40 grams ($\frac{1}{8}$ cup) corn syrup – not an error, you will need both amounts of corn syrup
227 grams (1 cup) 35% cream
198 grams (1 cup) granulated sugar
45 grams (3 Tablespoons) water
 $\frac{1}{8}$ teaspoon cream of tartar
242 grams (1 cup) milk (I used whole milk)
4 grams ($\frac{3}{4}$ teaspoon fine sea salt)
112 grams (about 6-7) egg yolks
340 grams (1 $\frac{1}{2}$ cups) 35% cream
1 teaspoon vanilla bean paste or vanilla extract

Mix Ins:

115 grams (1 cup) pecan halves
15 grams (1 Tablespoon) unsalted butter, melted
 $\frac{1}{4}$ teaspoon Diamond Crystal kosher salt
124 grams (about 20) Kraft caramel candies, unwrapped and cut into quarters
230 grams ($\frac{1}{2}$ cup) hot fudge sauce (home-made, recipe below, or store-bought is also fine)

1. Pour first amount ($\frac{1}{8}$ cup) corn syrup into a small non-stick frying pan. On medium-high heat, bring corn syrup to a full rolling boil. Remove from heat and stir in second amount ($\frac{1}{8}$ cup) corn syrup. Set aside.
2. Have ready a fine mesh strainer set over a medium sized stainless-steel bowl. You will be straining ice cream base through this later.
3. Heat 1 cup cream in a microwave safe bowl until hot, but not boiling, about 1 minute on high power. Cover cream with plastic wrap and set aside.
4. In a medium-heavy pot (non-stick or enameled cast iron) stir sugar, water, and cream of tartar with a silicone spatula until all the sugar is moistened. Heat, stirring constantly, until all the sugar has dissolved, and the syrup is bubbling.
5. Stop stirring and allow the syrup to boil undisturbed until it turns a deep amber and an instant read thermometer reads 375°F. Immediately remove pan from the heat and carefully pour in the hot cream. It will bubble up furiously.

6. Use a clean silicone spatula to stir the mixture gently, scraping the thicker caramel that has settled on the bottom of the pan. If necessary, return it to very low heat and continue stirring until mixture is uniform in colour and caramel has dissolved completely. Remove pan from heat.
7. Stir in corn syrup, milk, and salt.
8. Place egg yolks in a small bowl and whisk them lightly. Set bowl near the cooktop.
9. Whisk about ½ cup of hot mixture into yolks to temper them. Then, stir egg yolk mixture back into the pot. Check the temperature. If it is under 170°F, heat it briefly on low heat, stirring constantly, until it reaches 170°F – 180°F.
10. Immediately pour mixture through fine mesh strainer set over bowl. Scrape up any thickened mixture that has settled on the bottom of the pan. Press it through the strainer and scrape any mixture clinging to the underside of the strainer, into the bowl.
11. Stir in remaining 1½ cups of cream, and vanilla bean paste or extract.
12. Cover and refrigerate for at least 8 hours.
13. Spray a 9x5 inch loaf pan with cooking spray. Line loaf pan with plastic wrap. The cooking spray helps the plastic wrap adhere to the pan. Place lined loaf pan into the freezer.
14. Preheat oven to 350°F. In a medium bowl, mix pecans, melted butter and salt, and spread onto a rimmed baking sheet. Bake for 10-12 minutes until fragrant and toasted. Let nuts cool and coarsely chop them.
15. Churn the ice cream in the prechilled ice cream maker. It will take about 15-20 minutes. It will be the consistency of soft serve ice cream when it is ready.
16. Remove loaf pan from freezer. Transfer ⅓ of the ice cream into loaf pan, smoothing it out so that it is level. Drizzle ⅓ of the hot fudge sauce over the ice cream. Sprinkle with ⅓ of the pecans and caramel bits.
17. Transfer ⅓ of the ice cream onto first layer, smoothing it out again so that it is level. Drizzle ⅓ of the hot fudge sauce over the ice cream. Sprinkle with ⅓ of the pecans and caramel bits.
18. Add remaining ice cream to loaf pan. Smooth it out and drizzle with remaining hot fudge sauce and sprinkle with remaining pecans and caramels. Cover loaf pan with plastic wrap, gently pressing it into the surface of the ice cream. Freeze for at least 8 hours.
19. Scoop into cones or into a bowl and enjoy. Transfer any leftover ice cream to a covered plastic storage container and freeze. It will be good for up to 2 weeks.

Hot Fudge Sauce

Recipe by Deb Perelman of Smitten Kitchen
Makes 2 cups

30 grams (2 Tablespoons) unsalted butter
152 grams (⅔ cup) 35% cream
170 grams (½ cup) light corn syrup, golden syrup or honey
53 grams (¼ cup) packed dark brown sugar

21 grams ($\frac{1}{4}$ cup) cocoa powder

$\frac{1}{4}$ teaspoon sea salt or kosher salt

170 grams (1 cup) semi-sweet or bittersweet chocolate, coarsely chopped

1. Combine the butter, cream, syrup, sugar, cocoa, and salt in a small saucepan over medium heat and bring to a simmer. Simmer on low, stirring, for 3 to 5 more minutes after everything has melted, then remove from heat and stir in chopped chocolate until melted. Stir in vanilla.
2. It's now ready to ladle over ice cream, although it thickens more as it begins to cool, so you could also wait for 15 to 20 minutes before doing so, if it's not too unbearable. Pour leftovers into a jar or jars and refrigerate. Hot fudge sauce keeps chilled in the fridge at least a month and often two, although it's rare it lasts that long.