

Balsamic Strawberries+ Frozen Vanilla Custard

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Fresh, sweet, strawberries marinated in balsamic vinegar have been served as a refreshing dessert since Renaissance times, having been a favorite in Emilia-Romagna, Italy, for years (and years).

Served with an easy, home-made frozen vanilla custard, this unlikely combo makes a great summer dessert. ***Warning**: Must like balsamic vinegar.

Dairy
Serves 6-8

- 1 lb. fresh Strawberries, hulled and halved
- 1/4 cup Balsamic Vinegar
- 2 tablespoon Granulated White Sugar
- 1 1/2 teaspoon freshly squeezed Lemon Juice
- 2-3 sprigs Fresh Mint leaves

Place the strawberries in a glass bowl. Heat the balsamic vinegar, sugar, and lemon juice in a small saucepan, stirring until sugar dissolves. Remove from the heat and allow to cool. Pour the balsamic sauce over the strawberries, add the mint leaves and gently toss. Cover with plastic wrap and marinate in the refrigerator for at least one hour. Serve with the vanilla gelato and garnish with fresh mint sprigs.

Frozen Vanilla Custard

- 16 oz. Heavy Cream
- 6 large Egg yolks
- 1 1/2 teaspoon Vanilla extract
- 3/4 cup Granulated White Sugar
- Pinch of salt

Using a double-boiler, combine the sugar and egg yolks, and whisk almost constantly until the mixture becomes a pale, creamy yellow color, and is thick enough to coat a wooden spoon. (This should take about 8-10 minutes.) Do not overcook, or the mixture will become too thick. Remove from heat and place in the refrigerator to cool.

Whip the heavy cream until stiff peaks form (about 3-6 minutes). Add the vanilla and pinch of salt, and incorporate well. Gently fold the whipped cream into the cooled egg mixture and freeze for at least 4 hours.