Eggnog Ice Cream with Salted Caramel Sauce



Ingredients

1 1/3 cups milk

1 cup thickened cream

2 teaspoons vanilla paste

1 teaspoon ground nutmeg

5 egg yolks

2/3 cup Bundaberg White Sugar (or Raw sugar if preferred)

2 tablespoons dark rum

1/3 cup firmly packed Bundaberg Brown sugar (for salted caramel sauce)

1/3 cup thickened cream (for salted caramel sauce)

50g butter, chopped (for salted caramel sauce)

½ teaspoon sea salt flakes (for salted caramel sauce)

1 tablespoon dark rum (for salted caramel sauce)

1/3 cup coarsely chopped Vienna almonds

Method:

1. Combine milk, cream, vanilla and nutmeg in a medium saucepan. Place over a moderate heat until almost boiling. Remove from heat and set aside.
2. Place egg yolks and sugar in a heatproof bowl. Beat with an electric mixer on high speed for 2 minutes or until thick and pale. Reduce speed to low and gradually add the hot milk mixture. Pour mixture back into the saucepan. Add rum and stir to combine.
3. Stir over a low heat for 8 minutes or until slightly thickened. Do not overcook or the mixture will curdle.
4. Strain the mixture through a fine sieve into a heatproof bowl and set aside to cool. Cover and refrigerate overnight or until well chilled.
5. Place mixture into an ice cream machine and churn following the maker’s instructions. Transfer to an airtight freezer-proof container and place in freezer until firm.
6. Make salted caramel sauce. Combine all ingredients in a small saucepan and stir over a moderate heat until simmering. Reduce heat and simmer, without stirring for 5 minutes. Remove from heat and pour into a heatproof bowl. Set aside for 30 minutes to cool until just warm.
7. Serve ice cream topped with sauce and sprinkled with chopped Vienna almonds.