



Orange and Cardamom-Scented Ice Cream

SERVES 6

One of my favorite flavor combinations is orange and cardamom. They just seem to go together perfectly, especially with cream, which is why this ice cream is so refreshing. Moroccan summers are hot, and often unbearable. I first had orange ice cream at a small café near the souk in Marrakesh, and it was a perfect relief from the heat. The subtle hint of cardamom and cinnamon left me with memories of the scents in the spice markets scattered along the streets of the souk. At home, I serve this ice cream with almond cookies for one of the best sweet treats on a summer day.

INGREDIENTS

1 ½ cups whole milk

1 cinnamon stick

1 ½ cups heavy whipping cream

1 cup sugar

Peel of one orange

4 large egg yolks

2 whole cardamom pods

Pinch of kosher salt

PROCESS:

In a 2-quart pan, heat the milk, cream, orange peel, cardamom pod, and cinnamon stick over medium high heat. Bring to a low simmer for 15 minutes. Remove from heat and let cool for 15 minutes. Remove orange peel, cardamom pods, and cinnamon stick and discard. In a bowl, whisk the sugar, egg yolks, and salt and gradually pour into the hot milk mixture, stirring constantly. Put back on medium high heat and bring to a simmer. Stir for 5 minutes and remove from heat. Strain through a sieve into a bowl and chill in the refrigerator until cold. Process custard mixture in an ice cream maker according to the manufacturer's instructions. Transfer ice cream to an airtight container and freeze until firm, about 4 hours.