

# Salted Caramel Ice Cream

Indulgent homemade salted caramel ice cream with rich custard base and perfect sweet-salty balance. Easy recipe with step-by-step instructions.

2h 15min

PREP

30 min

COOK

2h 45min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 1 cup granulated sugar
- 2 cup heavy cream
- 1 cup milk
- 6 egg yolk
- 1 tsp vanilla extract
- 1 tsp sea salt

## Instructions

### 1 Make the caramel

Place 1 cup sugar in a heavy-bottomed saucepan over medium heat. Cook without stirring until the sugar begins to melt around the edges, about 3-4 minutes. Stir constantly with a wooden spoon until the sugar melts completely and turns deep amber color, about 8-10 minutes total.

- ### 2
- Remove the pan from heat and immediately pour in 2 cups heavy cream while whisking constantly - the mixture will bubble vigorously. Return to low heat and stir until the caramel dissolves completely into the cream, about 2-3 minutes. Stir in 1 teaspoon salt until dissolved.

### 3 Prepare the custard base

Add 1 cup whole milk to the caramel cream and heat until steaming but not boiling. In a separate bowl, whisk 6 egg yolks until smooth and pale yellow.

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- Slowly pour about 1/2 cup of the hot caramel mixture into the egg yolks while whisking constantly to temper them - this prevents the eggs from scrambling. Pour this mixture back into the saucepan while whisking.

- 5 Cook the custard over low heat, stirring constantly with a wooden spoon, until it thickens enough to coat the back of the spoon and reaches 170°F (77°C), about 5-8 minutes. The mixture should not boil.
- 6 Remove from heat and immediately strain through a fine-mesh sieve into a clean bowl to remove any lumps. Stir in 1 teaspoon vanilla extract.
- 7 **Chill the base**  
Press plastic wrap directly onto the surface of the custard to prevent a skin from forming. Refrigerate for at least 2 hours or overnight until completely cold.
- 8 **Churn and freeze**  
Churn the chilled custard in an ice cream maker according to manufacturer's instructions, typically 20-25 minutes, until it reaches soft-serve consistency.
- 9 Transfer the churned ice cream to an airtight container and freeze for at least 2 hours until firm enough to scoop. Serve in chilled bowls.

## Tips

Heat sugar slowly and patiently for even caramelization - rushing this step can result in burnt, bitter flavors that will ruin the entire batch.

Always temper egg yolks by gradually adding hot mixture while whisking constantly to prevent scrambling and ensure a smooth custard base.

Use a candy thermometer to monitor caramel temperature - aim for 340°F (171°C) for perfect amber color and flavor development.

Strain the finished custard base through a fine-mesh sieve to remove any lumps or cooked egg pieces for silky smooth texture.

Chill the custard base thoroughly (at least 4 hours or overnight) before churning for optimal texture and faster churning time.

Choose high-quality flaky sea salt like Maldon for the best flavor contrast - avoid table salt which can taste harsh and metallic.

If ice cream becomes too hard after freezing, let it sit at room temperature for 10 minutes before scooping for easier serving.

Store with plastic wrap pressed directly onto the surface before covering to prevent ice crystal formation and maintain creamy texture.