

GOAT'S MILK CARAMEL ICE CREAM WITH PECANS

HELADO DE CAJETA CON NUEZ

MAKES ABOUT

• 1¼ •

QUARTS

2 cups whole milk
1 cup heavy cream
¼ cup sugar
1 (5-inch) piece
Mexican cinnamon
1¾ cups cajeta
(page 154)
½ teaspoon kosher salt
¾ cup coarsely
chopped pecans,
toasted

Cajeta is a sticky, sweet caramel sauce made from milk. It is very similar to dulce de leche but because the most common ones are made with goat's milk, the flavor has some grassy, acidic notes. The city of Celaya in Morelia is famous for its *cajeta*; there you can find it sold in jars as well as in wooden boxes that add their aroma to the *cajeta*.

This ice cream has a rich, creamy texture and an incredibly delicious caramel flavor with slightly tangy notes and a touch of cinnamon (which you can replace with a vanilla bean if you prefer).

Partially fill a large bowl with ice and water, place a medium bowl in the ice water, and set a fine-mesh strainer across the top.

In a saucepan, combine the milk, cream, sugar, and cinnamon and bring to a simmer over medium heat, stirring to dissolve the sugar. Remove from the heat and allow the flavors to infuse for 20 minutes. Remove and discard the cinnamon, add the cajeta and salt, and whisk until smooth and well incorporated. Pour the mixture through the strainer into the prepared bowl and stir until cool. Remove the bowl from the ice bath, cover, and refrigerate until the base is cold, at least 4 hours or up to overnight.

Whisk the base to recombine. Freeze and churn in an ice cream maker according to the manufacturer's instructions. When the ice cream has finished churning, mix in the pecans. For a soft consistency, serve the ice cream right away; for a firmer consistency, transfer it to a container, cover, and allow to harden in the freezer for 2 to 3 hours.

NOTE You can use store-bought *cajeta* if you're not up for making your own. Fat Toad Farm in Vermont makes a great version labeled "goat's milk caramel."