

Plate Dream

Butter Pecan Ice Cream – Homemade Recipe

20 min Prep time	**40 min** Cook time	**1 h** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Base Ice Cream

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup brown sugar
- [ ] 4 large egg yolks
- [ ] 1 vanilla bean, split and scraped
- [ ] 1/2 tsp sea salt

Butter & Pecans

- [ ] 1/2 cup unsalted butter
- [ ] 1 cup pecan halves
- [ ] 2 tbsp maple syrup (optional for extra caramel)
- [ ] 1 tsp vanilla extract

Instructions

1. In a saucepan, combine the cream, milk, and half the brown sugar; heat gently until steaming, then remove from heat.
2. Whisk egg yolks with the remaining sugar in a bowl; slowly pour the warm cream mixture into the yolks while whisking constantly.
3. Return the custard to the saucepan, add the vanilla seeds and pod, and cook over low heat, stirring, until the mixture coats the back of a spoon (about 170°F).
4. Strain the custard through a fine-mesh sieve into a bowl; stir in the sea salt, then chill completely in the refrigerator (minimum 2 hours).
5. While the custard chills, melt the butter in a small pan over low heat; add maple syrup if using, and let it brown slightly, stirring constantly.
6. Toast pecans in a dry skillet over medium heat until fragrant, about 4 minutes; set aside to cool.
7. Churn the chilled custard in an ice cream maker according to manufacturer's directions until it reaches soft-serve consistency.
8. Fold in the melted butter in ribbons, then gently stir in the toasted pecans and vanilla extract.
9. Transfer the ice cream to an airtight container, smooth the top, and freeze for at least 3 hours before serving.

Nutrition per serving

310 kcal	4 g	28 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the butter begins to separate, whisk it vigorously before folding into the ice cream.
- For an extra caramel note, drizzle a thin stream of caramel sauce just before serving.
- Serve with a garnish of extra toasted pecans for added texture.