

Sweet Summer Treats



In the Kitchen with LiveWELL



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Homemade Peach Ice Cream

Meghan Donovan— Greater Charlotte LiveWELL

Recipe from The Craft of Baking Cookbook



Ingredients

2 pounds of peaches, pitted and roughly chopped
1 ¼ cups plus 2 tbsp. sugar
9 large egg yolks
2 cups whole milk
2 cups heavy cream
½ vanilla bean, split lengthwise, seeds scraped out, bean and seeds reserved
½ teaspoon kosher salt

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Preparation

This recipe can take 32+ hours

1. In a bowl, combine ½ cup plus 2 tablespoons of sugar and the peaches, stirring well to moisten all the sugar. Cover the bowl with plastic wrap and let sit at room temperature for 1 hour or refrigerate overnight.
2. Scrape the peaches and their liquid into a small sauce pan and bring to a boil. Reduce the heat to a simmer and cook until the peaches are tender, about 5 minutes. Strain through a fine mesh sieve into a bowl and reserve the peaches and the juice in separate containers. You should have about 1 cup of juice and ½ cup fruit. Refrigerate the containers for 1 hour or overnight.
3. In a heatproof bowl, whisk the egg yolks with 6 tablespoons of sugar until the mixture is pale yellow.
4. In a large saucepan, whisk together the milk, cream, remaining 6 tablespoons of sugar, the vanilla bean, and seeds. Bring the mixture to a full boil, and then as soon as it begins to rise up the sides of the pan, remove the pan from the heat.
5. Immediately pour about 1 cup of the hot milk mixture into the egg yolk mixture in a slow and steady stream and whisk to combine. Then return the egg yolk mixture to the remaining milk mixture. Whisk in the salt.
6. Pour the custard into a bowl, cover with plastic wrap, and refrigerate until it's very cold, at least 8 hours or overnight.
7. Add the peach juice to the chilled custard and whisk to combine. Strain the custard through a fine-mesh sieve into a bowl. Recycle the vanilla bean.
8. Freeze the custard in an ice cream maker following the manufacturer's directions.
9. Fold the peaches into the ice cream with a rubber spatula making sure to distribute them evenly. Transfer the ice cream to an airtight container, and place plastic wrap directly over the surface of the ice cream maker to prevent ice crystals from forming. Cover the container and freeze until firm, about 2 hours

Nice Cream

Jill Ashburner – Greater Charlotte LiveWELL



1 Thaw frozen bananas and any additional fruit, if adding, for 5-7 minutes.

2 Place all ingredients into blender and blend until smooth soft serve ice cream consistency.

Enjoy immediately!

3 If using the Yonana machine, put ½ of the bananas in first, then any additional ingredients, followed by remaining banana.



Ingredients

2 Bananas frozen – cut into 1” pieces

2-4 Tbsp Almond Milk (or any plant-based milk)

Additional add-ins:

- strawberries
- peanut butter powder
- nut butter
- chocolate powder
- Crushed cookies
- Blueberries
- Avocado
- Chocolate chips

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Grilled Peaches

Jennifer Kees – Greater Charlotte LiveWELL

[Grilled Peaches - 5 Ingredients! - Gimme Some Grilling®](#)



Ingredients

2 large ripe peaches *sliced in half*
2 Tbsp oil
½ tsp cinnamon
Honey to drizzle
Ice cream of choice

Preparation

1. Preheat the grill (inside or outside) to medium-high heat. Brush the inside of the cut peaches with oil, then lay them cut side down on the grill and close the lid
2. Grill for 3-4 minutes until grill marks appear, then flip the peaches and cook for another 3-4 minutes until the peaches are warm all the way through and soft.
3. Remove the peaches from the grill and sprinkle with cinnamon then drizzle with honey. Top each peach half with a scoop of ice cream and serve immediately.

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