

## Double Blueberry Ice Cream

2 cups fresh blueberries, divided  
¾ cup of granulated sugar  
Zest of a lime or lemon  
1/8 teaspoon salt  
1 cup half and half  
1 & ½ cup heavy cream



Place 1 cup of the berries in a small saucepan, along with a tablespoon of water, over low heat. Allow to cook, covered for about 10 minutes, stirring every couple of minutes so that the berries don't stick. A lot of the berries will have split open, but don't worry if not all of them have.

Place the other cup of the berries in a blender, along with the cooked berries. Pulse a few times to get things going, then blend at a higher speed for about a minute, until all of the berries are liquefied. Add the sugar, and blend for another 30 seconds, add the zest and salt, and blend another 15 seconds. Blending times are approximate, and may vary, depending on how powerful your blender is. Scrape mixture into a bowl, and place in the freezer for about 20 minutes to get it a little colder.

Whisk in the half and half and the cream, and then churn according to your machine's normal directions. It will take about 20 to 25 minutes to turn into a creamy soft-serve consistency. You can eat it right away, or let it ripen in a container in the freezer. If you have a machine with a freezer bowl, make sure to get the ice cream out of it right away, or it is going to harden in there and be very difficult to get back out again. Keep the ice cream in a sealed container for up to a month. Pressing some plastic wrap or parchment paper directly on the surface will prevent ice crystals from forming.

Full recipe, with photos is here: <http://dlynz.com/?p=6513>