

# Butter Pecan Ice Cream

Summertime is here! It's time to make some ice cream. This easy, creamy and so delicious butter pecan ice cream will have the kids and adults alike ask for more. You can easily make it with an ice cream maker but also without one. Both methods are detailed in the directions. Enjoy!

## ***Ingredients***

1 cup pecans halves  
¼ cup butter\*  
1 pinch  
1 ½ cups whole milk  
2 ½ cups heavy cream  
2 teaspoon pure vanilla extract

## ***Directions***

1. In a medium-sized pan, melt the butter on low heat. Add the pecans and let the butter foam, stirring a few times. Let cook for 6-8 minutes. Using a slotted spoon, remove the pecans from the pan and place on a plate. Cover with plastic wrap and refrigerate until you are ready to make the ice cream.
2. Using a whisk, mix the sugar, milk, and a pinch of salt in a bowl, preferably with a spout so it easy to pour the ice cream mixture. I use a large glass measuring cup. Whisk until the sugar is dissolved, about 2 minutes.
3. Add the heavy cream and vanilla. Whisk to combine well.
4. Cover with a plastic wrap and let the mixture cool in the refrigerator for at least 2 hours or overnight.

## ***With an ice cream maker***

1. Freeze the ice cream maker bowl according to manufacturer instructions, usually 12 to 24 hours.
2. Pull out the ice cream mixture from the refrigerator and whisk to mix it well.
3. Pour the mixture into the ice cream machine.
4. Connect the machine and press ice cream and the start button.
5. About 5 minutes before then end of the churning process, add the pecans one by one into the ice cream and let it mixin with the ice cream.
6. When the cycle is finished, transfer the ice cream to an airtight freezer-safe container or serve right away. The ice cream will be soft and creamy. If you like a harder texture, allow the ice cream to freeze for 2 hours or more before serving.

Without an ice cream maker

1. Pour the mixture in a Pyrex or stainless steel 9x13-inch pan. And place in the freezer for 30 minutes. The edges should start freezing. Using an electric handheld mix, beat the ice cream for 1 minute to break up the cream and make it creamier.
2. Return to the freezer for another 30 minutes and beat again as before. Do this same step 4-5 times until the ice cream is harder. If at any point, the ice cream is too hard to beat, place it in the refrigerator until it becomes soft enough to beat.
3. In the last churning add the pecans before beating and beat the ice cream one last time the pecans will spread.
4. Serve right away or transfer the ice cream to an airtight freezer-safe container.

\* if using unsalted butter, add 1 teaspoon of kosher salt. If using salted butter, there is no need to add salt.

For more frozen dessert ideas, you can have a look at Louise Davidson's cookbook *Healthy Frozen Dessert Recipes: Ice Pops, Slushes, Sorbet, Treats on Sticks, Frozen Yogurt, Frozen drinks, Pies, Bars, Parfaits and More*. Click [here](#) to learn more.

