

Aniseed Brittle Ice Cream

Ice cream

$\frac{2}{3}$ cup sweetened condensed milk

$\frac{1}{2}$ cup water

1 tsp vanilla

1 cup whipping cream

Aniseed brittle

3 tbsp aniseed

$\frac{1}{2}$ cup sugar

2 tbsp water

Blend milk, water, and vanilla, then chill. Meanwhile, prep a countertop or baking sheet with parchment paper. Toast the aniseeds in a skillet about three minutes, stirring occasionally, until lightly browned and fragrant.

In a small saucepan, bring the sugar and water to a boil, stirring, over moderate heat. Cook to a rich brown (past the 320° caramelization stage). Remove from heat and stir in the aniseed. Immediately pour onto parchment paper. When cool, crush in a plastic bag with a rolling pin.

Whip cream to a foamy, fluffy thickness—not until stiff. Fold into chilled milk. Pour into a cold freezer container and freeze until frozen to a stiff mush, about one to two hours. Scrape from the sides and bottom and beat for two minutes. Fold in the aniseed brittle. Return to freezer until serving, at least two hours.

Adapted from *Magic Short-cut Recipes* (1934).