

Spruce-Tip Ice Cream

Recipe and photo courtesy of Ellen Zachos

A spruce-tip infusion can be used as the base for syrups, jellies, and cocktails, with a flavor that is both citrusy and herbal. Here, it's used in an out-of-the-ordinary ice cream.



1 cup water
1 cup sugar
1/2 cup spruce tips
1/2 cup mature spruce needles
2/3 cup heavy cream

Combine the water and sugar in a saucepan over medium heat, whisking to dissolve the sugar. Add the spruce tips and needles, stirring to submerge them in the syrup. Remove the saucepan from the heat, cover, and let sit overnight.

Strain off the solids and measure the syrup. You should have about 1-1/3 cups. Add the cream to the syrup and refrigerate the mixture for at least four hours.

Transfer the liquid to your ice cream maker, and follow the manufacturer's instructions.

If you'd rather make a non-dairy spruce tip dessert, substitute water for the heavy cream (or half water, half ginger beer!) and make yourself a sorbet.