

Making Rum Raisin Ice Cream



Rum raisin ice cream is one of my favorite summer treats. Since I don't eat ice cream very often, my taste bud standards are very high. I want to make sure the calories are worth it. Since I started making my own ice cream, I am never disappointed when I find a recipe that is worth it. Here is a step-by-step tutorial on making what I consider to be one of the best rum raisin ice cream recipes.

The Ingredients

With simple, good quality ingredients of rum, raisins, milk, cream, sugar, cinnamon, eggs and vanilla, you, too can make this creamy, flavorful treat. We always have [Gosling's Bermuda Black rum](#) on hand as this dark Bermuda rum is full of island flavor.



Soak the raisins in the rum at least overnight and up to 2 days. The first time I made this recipe, I did soak the raisins for 2 days. The next time making the recipe, the raisins are bathing in rum for 4 days. Oh la la!

Making the Custard

Combine the milk, cream, sugars and spices in a sauce pan over medium heat until mixture is steaming and sugars are dissolved.



Whisk the egg yolks and gradually add some hot milk mixture into the eggs. Be care not to “cook” the egg yolks. Scrape the yolks back into the milk mixture and cook until thickened and the back of the spoon is coated. For me it was approximately. 9-10 minutes. DO NOT BOIL.



LIFE AT
Bella Terra

The recipe calls for straining the custard. This helps remove any part of the custard that may have cooked bits of egg in it.

Chill thoroughly. To hurry this stage along, I put the custard into a bowl and set it into a large bowl with ice. Both are placed in the refrigerator.



Using the Ice Cream Machine

Add vanilla and 2 Tablespoons of rum (from the raisins) and process the custard mixture in an ice cream machine according to manufacturer's instructions.



My ice cream makers is decades old and works very well. The Cuisinart 1.5 quart ice cream and yogurt maker is affordable and easy to use. I keep the double insulated freezer bowl in the freezer all the time so I can whip up homemade ice cream within 30 minutes or less. See it [here](#).



Add the raisins at the end of the churning stage.



Remove to a freezer safe container and freeze for 24 hours.



This ice cream was so dreamy, creamy, and yummy! It was chock-a-block full of plump rum-soaked raisins.





Now I will have to exercise twice as much this week after consuming both my pistachio and rum raisin ice cream!

Mary

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Rum Raisin Ice Cream Recipe from Serious Eats

Rum Raising

Raisins are soaked in dark rum for 2 days (longer if you'd like) and are blended in with this rich, vanilla ice cream with hints of cinnamon

- Ice Chream machine
- 1 cup raisins (dark or golden)
- 1/2 cup dark rum
- 2 cups milk (I used whole)
- 2 cups cream
- 1/2 cup granulated sugar
- 1/4 cup dark brown sugar
- 1/4 tsp cinnamon
- Pinch salt
- 4 egg yolks
- 1/2 tsp vanilla

1. Place the raisins in a container with a tight-fitting lid and add rum. Cover and shake to evenly coat the raisins in rum, let sit at room temperature at least overnight and up to 2 days. Drain excess rum from the raisins, reserving 2 tablespoons. Set aside.
2. Combine milk, cream, sugars, cinnamon and salt in medium saucepan and place over medium heat, stirring occasionally, until mixture is steaming and sugars are dissolved. Meanwhile, whisk egg yolks in medium mixing bowl. Gradually whisk hot liquid into yolks, then scrape back into pan and cook over medium heat, stirring constantly, until mixture is thick enough to coat the back of a spoon. Strain and chill thoroughly.
3. Add vanilla and reserved rum to base and process in ice cream machine according to manufacturer's instructions, adding raisins when almost fully churned. Remove to freezer-safe container and seal tightly. Freeze at least 24 hours before serving (allowing the rum to leach out into the ice cream).