

Roasted Marshmallow Ice Cream

4 eggs, divided
About 1 cup sugar, divided
1/4 cup water
2 cups milk
1 cup whipping cream
Pinch of salt
1/2 teaspoon cream of tartar
1/4 teaspoon pure vanilla extract

For the marshmallow meringue:

Combine 2/3 cup of the sugar and 1/4 cup water in a small saucepan. Stir until the sugar dissolves, with the heat on low, until it reaches between 236°-244°F. Try not to let it boil. (Be patient, as it will take quite a while to reach this temperature.) In the meantime, you can start following the instructions below to make the custard.

Once the syrup reaches 230°F, start whipping the egg whites until reaches soft peaks. Add the cream of tartar and continue to beat until reaches stiff peaks. With the mixer still on, pour the hot sugar syrup into the egg whites in a thin stream. Beat until somewhat cooled, then spread onto a parchment lined baking sheet. Broil for a few minutes, until nicely browned.

For the custard:

In a medium bowl, whisk together the egg yolks and 3 tablespoons of the sugar until the mixture is pale yellow; set aside. While keeping an eye on the sugar syrup, warm the milk, cream and salt in a medium heavy saucepan until almost boiling. Temper the eggs by slowly whisking 1/2 cup of the warmed cream into the egg yolks, while stirring constantly to avoid curdling. Slowly whisk in the rest of the cream into the egg yolks, then pour back into the saucepan and continue to heat on medium-low until the custard thickens (about 3-6 minutes). Place a lid on the saucepan to keep the custard warm until the marshmallow meringue is ready.

Once the marshmallow meringue is ready, transfer the custard into a large bowl and whisk in the roasted marshmallow meringue. Cover and refrigerate overnight. Just before freezing, whisk the mixture again and stir in the vanilla. Freeze according to your ice cream freezer manufacturer's instructions.

Source: Adapted from [Mary Mary Culinary](#)