

Ici's Ricotta Ice Cream

Makes 1½ quarts

From Mary Canales, proprietor of Berkeley's Ici ice cream shop. Canales likes to use half Bellwether Farms ricotta and half hand-packed Calabro ricotta in this recipe. The Bellwether Farms product is coarser and more tangy; the Calabro is smoother and sweeter. The Cheese Board in Berkeley sells both of these ricottas in bulk so you can purchase just as much as you need. Strega is an Italian liqueur available at well-stocked liquor stores.

**2½ cups whole-milk ricotta (see
recipe introduction)**

1 cup sugar

¼ teaspoon vanilla extract

Grated zest of 1 lemon

Pinch of kosher salt

**1 cup heavy cream, preferably
not ultra-pasteurized**

**1 tablespoon Strega liqueur
or rum, or to taste**

**2 to 3 tablespoons each of
chopped pistachios, candied
orange peel and bittersweet
chocolate, or any combina-
tion (optional)**

Instructions: In a food proces-
sor, blend ricotta, sugar, vanilla,
lemon zest and salt until com-

pletely smooth. Add cream and blend again. Add Strega or rum to taste. Chill mixture thoroughly.

Freeze in an ice cream ma-
chine according to manufac-
turer's directions, folding in
chopped pistachios, orange
peel, chocolate or a combination,
at the end.

Transfer the ice cream to a
freezer container and freeze until
it is firm enough to scoop.

Per ½ cup serving: 225 calo-
ries, 6 g protein, 19 g carbo-
hydrate, 14 g fat (9 g saturated),
53 mg cholesterol, 51 mg sodi-
um, 0 fiber.