

LATIYA ICE CREAM

Latiya is pronounced la-tee-dza. It's a Chamorro dessert made of a cake base – sponge or pound cake – and a custard top with a sprinkling of cinnamon. This is the ice cream version inspired by Coldstone Creamery's flavor on Guam.

My son loved the latiya ice cream at Coldstone on Guam. I didn't try it because Coldstone ice cream – in the states anyways – is too sweet and too rich for my tastes. However, it's been a year since we were on Guam, and I still hadn't attempted to make it. Carson reverse psyched me and I finally did it – yum! The hallmark flavor of latiya is the evaporated milk and cinnamon. I made a basic vanilla custard ice cream base, swapping whole milk for evaporated milk, added a bit more evaporated milk and an extra egg yolk – voila, ice cream that tastes exactly like my latiya recipe in ***A Taste of Guam***. It's not as sweet or as rich as Coldstone's version, but it's deelyish. Follow my original recipe before making adjustments. If you want it sweeter, use a ½ cup of sugar in each mixture instead of 1/3 cup. If you want it richer, add an extra egg yolk and/or use 2 ¼ cups heavy cream and 2 ¼ cups evaporated milk.

Once you have made your ice cream, store the containers in Ziploc freezer bags to prevent the ice cream from getting too hard.

INGREDIENTS

Set 1

2 – 12 oz. cans of evaporated milk, or 3 cups – not the fat free version

1 ½ cups heavy cream

1/3 + 1/3 cups granulated sugar

¾ teaspoon ground cinnamon

Pinch of salt

Set 2

6 large egg yolks

Set 3

2 teaspoons vanilla extract

Set 4

1 cup cubed, frozen pound cake

Tools: medium pot, 2 medium stainless steel or glass bowls, whisk, wooden spoon, trivet, strainer, half-cup measuring cup, ice cream freezable containers, 1.5 quart or larger ice cream maker

DIRECTIONS

1. In the medium pot, combine heavy cream, evaporated milk, a 1/3 cup of sugar, and the pinch of salt. Heat on medium-low until it comes to a simmer.
2. While waiting for the milk to heat, combine the remaining 1/3 cup of sugar and the six egg yolks. Whisk together until it becomes a light-yellow, fluffy mixture.
3. Once the milk in the pot is at a simmer, remove the pot from the heat and set on a trivet. Use the half-cup measuring cup to drizzle the hot milk mixture into the egg-sugar mixture, whisking simultaneously. Add more of the hot milk to the egg mixture, tempering the eggs – that is, bringing the temperature of the egg-sugar mix slowly to the temperature of the milk mixture so that you do not curdle the eggs. Once you have used two thirds of the milk mixture, pour the remaining milk mixture into the egg mixture, whisking together.

4. Transfer the custard base back into the pot and keep heat on medium-low. Use the wooden spoon to stir the mixture. Once you can run one finger across the back of the wooden spoon – and leave a clean trail from your finger – the custard is done cooking. Do not allow custard to boil. Remove from heat.
5. Stir in the vanilla extract.
6. Pour custard through strainer set over a medium glass bowl to sieve out any lumps. Remove strainer and discard residue.
7. Cover the surface of the custard directly with plastic wrap to prevent a crust from forming.
8. Set aside at room temperature to completely cool then refrigerate overnight.
9. Remember to FREEZE the bowl of your ice cream maker.

****The next day****

1. Cube the frozen pound cake, measuring 1 cup. Set aside.
2. Remove ice cream base from the fridge.
3. Uncover the base and squeeze the plastic wrap of the residual mixture.
4. Set up the frozen ice cream bowl and turn your ice cream machine on.
5. Pour the base into the ice cream bowl.
6. Let it run for 15 to 20 minutes, or until you see the ice cream form on the lip of the bowl.
7. Turn machine off.
8. Alternate layers of ice cream and pound cake cubes in your ice cream freezable containers. Gently mix together.
9. Freeze for about 4 hours.
10. Serve with a sprinkle of cinnamon and a few extra cubes of pound cake.

Recipe courtesy Paula Quinene of www.PaulaQ.com.