

Honey lavender ice cream: Salt & Straw's no-fuss method

"This may be news to many people," said Tyler Malek in *Salt & Straw* (Clarkson Potter). "Making ice cream is not hard." Every flavor we create at our Portland, Ore., shop and its two dozen spinoffs starts with the simple base described below. No tempering of eggs is required, and the only specialty items needed are dry milk powder, an ice cream machine, and xanthan gum.

"Now, I know what you're thinking: 'Xanthan gum' sounds funny.... It must be impossible to find and it must be bad.'" Not true. Xanthan gum is a harmless thickening agent sold at most supermarkets. In cheap ice creams, it's used in quantities meant to hide a reduction in dairy fat, but its role here is to improve texture by preventing large ice crystals from forming. You can turn the base into vanilla ice cream by simply adding two teaspoons of double-strength vanilla extract. Here, we share a flavor that's "bliss for lavender lovers."

Recipe of the week Honey lavender ice cream

For base:

- ½ cup granulated sugar
- 2 tbsp dry milk powder
- ¼ tsp xanthan gum
- 2 tbsp light corn syrup
- 1½ cups whole milk
- 1½ cups heavy cream



And lavender is just the beginning...

Combine sugar, dry milk, and xanthan gum in a small bowl. Stir well. Pour corn syrup into a medium pot and stir in milk. Add sugar mixture and immediately whisk vigorously until smooth. Set pot over medium heat and cook, stirring often and adjusting heat if necessary to prevent a simmer, until sugar has fully dissolved, about 3 minutes. Remove pot from heat.

Add cream and whisk until fully combined. Transfer mixture to an airtight container and refrigerate until well chilled, at least 6 hours, or for an even better texture,

24 hours. Stir base back together if it separates during resting time.

For ice cream:

- ¼ cup wildflower honey
- ½ cup dried lavender (buds only)
- 3 cups ice cream base, very cold
- 10 drops natural purple food coloring, preferably India Tree brand

In a saucepan, combine ¾ cup water and honey. Bring mixture to boil, stirring occasionally, then remove from heat. Stir in lavender, cover saucepan, and let steep at room temperature at least 4 hours or overnight.

Pour syrup through a fine-mesh strainer into a container, pressing on flower buds to extract liquid. Chill until cold and use right away or refrigerate in an airtight container for up to 2 weeks.

Put lavender syrup, ice cream base, and food coloring into a bowl and whisk to combine. Pour mixture into ice cream maker and turn on machine. Churn just until the mixture has the texture of soft-serve.

Transfer ice cream to freezer-friendly containers. Cover with parchment paper, pressing it to surface of the ice cream, then add lid. Store in coldest part of freezer until firm, at least 6 hours. Makes about 2 pints.

Dining in Richmond, Va.: Another small city heats up



Longoven's Manning, Phelan, and Phelan

its sophisticated permanent space, Longoven has become "a special-occasion restaurant deserving of the word 'special.'" With à la carte or the \$110 tasting menu, there's no escaping "the intense thoughtfulness behind each dish." 2939 W. Clay St., (804) 308-3497

Dinamo Richmond can be counted on for old-school Italian, but few spots are more charming than this storefront. At lunchtime, you'll want a Reuben at the marble counter. At dinnertime, "the tabletops are crammed with garlic-brothy braised squid with chard, tagliatelle with pancetta, and a bottle of house red poured into wee tumblers." If the place is full, try sister restaurants Edo's Squid or Mamma 'Zu. 821 W. Cary St., (804) 678-9706

Sub Rosa This is "one of the best bakeries in America—a place worthy of a pastry pilgrimage for any truly devout croissant worshipper." Besides croissants, you'll find *pain aux raisins*, seasonal tarts, and a "lamb borek bearing the mark of brother-and-sister owners Evrim and Evin Dogu's Turkish heritage." 620 N. 25th St., (804) 788-7672

Consider Richmond, Va., "America's next great restaurant-obsessed town," said Stephanie Ganz and Julia Kramer in *Bon Appétit*. Visitors who come for its history may be surprised to discover an eating scene that "has recently taken off at full tilt"—further proof that "some of the most exciting cooking happening in this country is going on in small and midsize towns where the rent isn't so damn high."

Longoven Critics labeled Patrick Phelan, Megan Fitzroy Phelan, and Andrew Manning's creation one of America's best new restaurants even when it was a pop-up. In

Wine: Sampling Languedoc

When choosing a wine from France's Languedoc region, follow the producer, said Eric Asimov in *The New Yorker*. Because Languedoc has fewer rules than the more tradition-bound wine regions to its north, there's no better option. Below are three bottles produced by wineries worth remembering, though quality producers are far from rare.

2014 Mas Champart St.-Chinian Causse du Bousquet (\$27). This syrah blend from Mas Champart was the best value in our tasting—a fresh, bright,

inviting wine with aromas and flavors of violets, red fruit, and herbs.

2014 Domaine Léon Barral Faugères (\$37). With this carignan blend, the vigneron "did an excellent job of balancing ripeness and spicy red fruit flavors with acidity."

2017 Mas des Chimères Clin d'Oeil (\$21). This grenache cuvée shows what a great producer can make from a subpar harvest: an "absolutely delicious" thirst quencher loaded with juicy flavor.

