

Homemade Vanilla Ice Cream

INGREDIENTS

- 2 litres (2 US quarts) table cream (18%)
- 1.5 cups (350ml) instant skim-milk powder
- 2 cups (450ml) sugar
- one 7g (1/4oz) package gelatine
- 1 large egg
- 2 tsp (10ml) vanilla

PREPARATION

- Place the cream in the upper section of a double boiler. Beat in the skim milk powder and egg. In a separate bowl, mix the gelatin with the sugar and add to the double boiler with constant mixing.
- While constantly stirring, heat the cream mixture to 70 degrees celsius. Once the temperature is reached, place the container in an ice water bath and cool as rapidly as possible to below 18 degrees celsius.
- Leave the ice cream mix in the fridge overnight to age
- With the ice cream maker running, pour the cold aged mix into the freezer can. Run the ice cream maker for 20 to 30 minutes or if the motor stalls, immediately unplug it.
- Scrape the ice cream from the bowl and put it into a container and freeze until ready to serve.

For more ice cream recipes and tips visit:
books.lib.uoguelph.ca/icecreamtechnologyebook/part/homemade-ice-cream/