

Vanilla Ice Cream



Recipe By FoodieBook

Ref: 453

Heading: Puddings

Cuisine: British & Irish

Food Type: Vegetarian

No of Portions: 8

Ingredients & Prep

500 ml double cream

150 tbsp whole milk

200 g condensed milk sweet

30 g caster sugar

1 vanilla pod or paste 1 tsp per pod

4 eggs large yolk only

Method

Step 1 - Place milk, cream, condensed milk & sugar in a saucepan, cut vanilla pod length ways & scrape out seeds on both sides, all to the pan cut up empty pod into sticks & add as well or use vanilla paste extract, NOT essence.

Step 2 - Place yolk into a bowl large enough to hold the cream/milk later.

Step 3 - Heat the milk/cream mixture stirring all the time to stop it catching on the bottom, use a thermometer & when it reaches 76°C turn off the heat then pour a little into the yolk & whisk hard, repeat a little at a time until you have used about half the hot milk/cream mixture, then pour the rest in & whisk, sieve the hot ice cream back into the saucepan to remove all the bits, cover & allow to cool, then put in the fridge to go cold.

Step 4 - Pour cold ice cream mixture into an ice cream maker & churn until stiff, spoon into a plastic lidded container & freeze for a few hours before serving.

Suggestion & Tips

It's worth using real vanilla. Test taste for sweetness, add more caster sugar if you like it sweeter.