



Old Fashioned Vanilla Ice Cream

Ice Creams are usually made on a custard base which uses egg yolks only. This recipe isn't so wasteful and therefore is one of my favourites.

This recipe works better if churned with an ice cream maker, but it can be made without, if, at intervals, (while freezing) you remove and beat up the mixture.

If you can't be bothered with that, just freeze the whisked mixture. The Vanilla may be a little icy but it will still be Yummy!

Ingredients

- 1 cup dextrose (glucose) powder*
- 1/8 teaspoon salt*
- 1 ¾ cups whole milk*
- 2 large eggs (beaten)*
- 1 ½ cups heavy whipping cream*
- 1 teaspoon vanilla extract*

Method

- 1. Cook sugar, salt, and milk in saucepan until steaming*
- 2. Whisk hot mixture into beaten eggs, then return to saucepan*
- 3. Cook for 3 minutes on medium-low heat (you don't want it to boil which will cook the eggs and curdle the mixture) until it thickens*
- 4. Cool (refrigerate)*
- 5. Stir in cream and vanilla essence*
- 6. Churn in ice cream maker until about the consistency of soft-serve icecream*
- 7. Freeze in ice cream container*