

# VANILLA ICE CREAM

Serves 10 to 12.

By Dennis W. Viau; modified from several recipes.

Vanilla ice cream has always been my favorite. This recipe, while not the simplest, is not complicated. I like the final ice cream because it tastes a little like egg custard. And this formula could be the beginning of other kinds of ice cream. Add chocolate chips, or crushed Oreo cookies, or some candied cherries. Or you could flavor it with instant coffee or chocolate syrup. I like it as basic vanilla ice cream



## Ingredients:

4 egg yolks  
1 whole egg  
2 (475ml) cups milk  
1 cup (200g) sugar  
1½ cups (350ml) heavy cream  
2 teaspoons vanilla extract

## Directions:

Combine egg yolks, whole egg, and milk in a small saucepan and blend well with a whisk. Add sugar and mix well. (The sugar will dissolve in the next step.)

Heat about 1 cup of water in a large saucepan to boiling.

Nest the smaller saucepan in the larger one and, stirring constantly, heat the milk mixture until all the sugar dissolves and the mixture begins to thicken (about 10 minutes). The mixture should coat a spoon. Remove the smaller pan from the heat, cover, and set aside to cool.

Add the cream and vanilla. Mix well, cover, and refrigerate overnight, or at least 3 hours.

Assemble the ice cream maker. With the canister rotating, pour the cooled milk mixture into the machine and churn 10 to 20 minutes, or until the mixture expands enough to nearly reach to top cover.

Quickly transfer the ice cream to a storage container and place in the freezer to become more firm, which might take a few hours.

If you want to flavor your ice cream with solids like chocolate chips, candied cherries, crushed Oreo cookies, etc., stir those pieces into the ice cream before you place it in the freezer. Don't add the pieces to the machine, as they could cause jam the paddle and halt the churning.

The step-by-step photos were removed. See the video for the preparation.

