



Homemade Vanilla Ice Cream

Description

Dive into the classic delight of Homemade Vanilla Ice Cream! Smooth, creamy, and packed with the timeless flavor of real vanilla, this recipe is a must-have for any ice cream lover.

Ingredients:

- 2 cups (480ml) heavy cream
- 1 cup (240ml) whole milk
- $\frac{3}{4}$ cup (150g) granulated sugar
- 1 vanilla bean (or 2 tsp pure vanilla extract)
- 4 large egg yolks
- A pinch of salt

Instructions:

Prepare the Vanilla Mixture:

In a medium saucepan, combine the heavy cream, milk, and half of the sugar.

Split the vanilla bean lengthwise and scrape out the seeds. Add both the seeds and the pod to the saucepan. Heat the mixture over medium heat until it begins to steam (do not boil).

Whisk the Egg Yolks:

In a separate bowl, whisk the egg yolks with the remaining sugar and salt until the mixture is pale and creamy.

Temper the Eggs:

Slowly pour a small amount of the warm cream mixture into the egg yolks while whisking constantly. This prevents the yolks from curdling.

Gradually add the tempered yolks back into the saucepan with the cream mixture.

Cook the Custard:

Cook the mixture over low heat, stirring constantly, until it thickens and coats the back of a spoon (170–175°F or 77–80°C).

Remove from heat and strain the custard through a fine-mesh sieve to remove the vanilla pod and any lumps.

Chill the Custard:

Let the custard cool to room temperature, then cover and refrigerate for at least 4 hours or overnight for the best flavor.

Churn the Ice Cream:

Once chilled, pour the mixture into an ice cream maker and churn according to the manufacturer's instructions until thick and creamy.

Freeze and Serve:

Transfer the churned ice cream to an airtight container and freeze for at least 4 hours to firm up.

Scoop into bowls or cones and enjoy the rich, homemade vanilla goodness!

Tips:

For a lighter version, use half-and-half instead of heavy cream.

Add mix-ins like chocolate chips, cookie crumbles, or fruit during the last few minutes of churning.

If you don't have an ice cream maker, pour the mixture into a shallow dish, freeze, and stir every 30 minutes for 2-3 hours to break up ice crystals.

Enjoy this Homemade Vanilla Ice Cream as a standalone treat or as the perfect complement to your favorite desserts!

Category

1. High Protein Recipes

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