

RECIPE

VANILLA BEAN ICE CREAM

chris
loves julia

INGREDIENTS

1 1/2 pt. whole milk	8 egg yolks
1/2 pt. heavy cream	10 Oz. granulated sugar
1/2 vanilla bean, split	

DIRECTIONS

1. Combine milk, cream and split vanilla bean in saucepan and bring to a boil, whisking often to prevent burning.
2. In a separate bowl, whisk together the egg yolks and sugar.
3. Temper the eggs by ladling the hot cream mixture into the eggs, about 1 cup at a time, and whisking constantly. Continue adding the cream until fully mixed together. Transfer back to the pot used to boil the cream.
4. Cook over medium low heat, stirring constantly, until steam begins to come off the mixture. *Do not bring to a boil!* Pour through a fine-mesh strainer into a clean bowl.
If using a self-cooled ice cream maker
5. Pour through a fine mesh strainer into ice cream maker. Set to chill and, once chilled, set to the “Ice Cream” setting.
6. Serve as is or, for a thick consistency, transfer to a freezer-proof container and freeze over night.
If using an ice cream maker with a base that is kept in the freezer
5. Pour through a fine-mesh strainer into a clean bowl and cool the mixture over an ice bath. Cover and chill overnight.
6. Add the custard to ice cream maker and run the machine until it’s thickened. Serve as is or, for a thicker consistency, transfer to a freezer-proof container and freeze overnight.