

Homemade Ice Cream

Makes About 3 1/2 Cups

Ingredients

- 1 1/2 cups whole milk
- 1 1/2 cups 35% cream
- 9 egg yolks
- 3/4 cup sugar
- one vanilla pod
- bowl of ice water

Special Equipment

- 1 1/2 cups whole milk

Cooking Instructions

Place a fresh vanilla pod on a flat work surface and, with a paring knife, slit the pod in half lengthwise. Using the dull side of the paring knife, scrape the minute seeds from both halves of the pod. Set aside the vanilla seeds until the custard is ready.

(Save the pods to flavour your sugar with vanilla. With vanilla sugar on hand, you'll never have to buy vanilla extract.)

Pour the milk and cream into a medium-sized saucepan until the mixture just begins to boil. Remove from heat.

In a medium bowl, whisk the egg yolks with the sugar. Add about 3/4 cup of the warm milk and cream mixture to the egg yolks and whisk until well combined. Slowly pour the yolk mixture into the saucepan with the remaining milk and cream mixture and bring to a bare simmer, whisking continuously, being careful not to bring to a boil.

The custard is ready when the mixture thickens and lightly coats the back of a spoon.

Pour the mixture through a strainer into a bowl or pitcher. Add the vanilla seeds. (If you add the vanilla seeds prior to this step, you'll lose flecks of vanilla seed in the strainer.)

To cool the mixture quickly, place the bowl or pitcher into a larger bowl filled with ice. Cover the custard with plastic wrap and place in the fridge until well chilled.

Pour the mixture into a frozen canister and freeze according to manufacturer's instructions.