



HOMEMADE VANILLA ICE CREAM



Ingredients

2 cups heavy cream + 1 ½ cups milk (dairy version)
OR 3 + ½ cups full-fat coconut milk (non-dairy version)

1 vanilla bean pod (or substitute 1 tsp vanilla bean paste or extract)

1 tsp vanilla extract

4 egg yolks

¾ cup honey (or sugar)



Instructions

Servings
6

Cooking
1 hour

Cooling
6 hours

Freezing
7 hours

Total Time
14 hours

PART 1: MAKING THE CUSTARD

1. Cut the tips off the vanilla bean pod, then cut in half. Slice the pod pieces open lengthwise and scrape out the seeds. Set aside both the pod and the seeds to be added to the ice cream.
2. Add the egg yolks and honey to a bowl and beat gently until well mixed.
3. Add the coconut milk (or cream and milk), vanilla pod and the extracted vanilla bean seeds to a pot. Whisk continuously over medium-high heat until the liquid begins to boil. Remove from the heat and let cool for a few minutes.
4. Stir ¼ cup of the warm milk mixture into the egg yolk mixture, to slowly temper the eggs. Repeat this several more times until you've added 1 ½ cups of milk to the egg mixture.
5. Pour the tempered egg mixture back into the pot with the remaining milk mixture. Slowly bring this back up to a simmer over medium-low heat. Continue stirring for about 5 minutes until this thickens into a custard, then remove from the heat. It should be thick enough to coat the back of a spoon.
6. Add the vanilla extract and stir. Leave the vanilla bean pod pieces in there. Transfer to a container and let the mixture cool for 20 minutes. Cover and refrigerate for at least 6 hours, or overnight.
7. Before making the ice cream, remove the vanilla bean pod pieces from the custard.



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- RECIPE CONTINUED -

PART 2: MAKING THE ICE CREAM - CHOOSE 1 METHOD

METHOD 1: ICE CREAM MAKER

1. Assemble your ice cream maker and turn the ice cream maker on.
2. Slowly pour the liquid custard into the ice cream maker.
3. Let the ice cream maker churn for 20-30 minutes, until the ice cream begins to look well formed, thick and fluffy.

METHOD 2: IMMERSION BLENDER

1. Pour the custard into a metal pan. Place the pan inside a sealed plastic bag in the coldest part of your freezer.
2. Leave the custard there for 1 hour.
3. After 1 hour pour the custard into a tall, blender-safe jug and mix with a spoon to break up any ice bits.
4. Blend with the immersion blender in 15 second bursts for 2 minutes, or until smooth.
5. Pour the custard back into the metal pan and place inside the plastic bag. Return to the freezer for another hour.
6. Repeat this at least 5 more times - freezing the ice cream for 1 hour, then blending it with the immersion blender for 2 minutes.



METHOD 3: BY HAND

1. Put the chilled custard into a metal pan. Place inside a sealed plastic bag in the coldest part of your freezer.
2. Leave the custard there for 1 hour.
3. After 1 hour, mix the custard vigorously with a spoon, scraping the sides of the pan to break up any icy bits. Continue stirring vigorously for 2-3 minutes, or until smooth.
4. Place the metal pan back inside the plastic bag. Return to the freezer, for another hour.
5. Repeat this at least 5 more times - freezing the ice cream for 1 hour, then stirring it vigorously for 2-3 minutes.

PART 3: SERVING THE ICE CREAM

- Freeze for at least 2 more hours before serving.
- Remove from the freezer and let sit at room temperature for 10-20 minutes before scooping the ice cream. Serve topped with candied lemon peels, caramelized apples, or fresh fruit if desired.