

# Vanilla Ice Cream



## Ingredients

- 4 egg yolks
- 1/2 pint (250ml) milk
- 1/2 pint (250ml) double/heavy cream
- 4 Oz (90g) sugar or caster sugar
- 1 teaspoon of vanilla essence

## Method

Pour the cream and milk into a medium heavy-based pan, then tip in half the sugar. Score the vanilla pod and place into the mixture. Heat the cream and milk over a low heat, stirring occasionally, until it almost boils – you'll see a few bubbles at the edge. Take off the heat and set aside so the vanilla can infuse. Put the egg yolks into a bowl with the rest of the sugar and beat with an electric hand beater for 2 minutes until the mixture has thickened, is paler in colour and falls in thick ribbons when you lift the beaters. Use a measuring jug to scoop out 125ml/4fl oz of the cream mixture and beat into the egg yolks to slacken them. Scoop out the vanilla pod pieces, reheat the cream until it just comes to the boil, take off the heat and stir in the egg yolk mixture. Pour the mixture back into the pan and heat gently, for 8–10 minutes, stirring until the custard thickens – **DO NOT BRING TO THE BOIL OR IT WILL PROBABLY CURDLE.** Pour the custard into a heatproof bowl, then sit it in a bigger bowl one third full of iced water to cool (this takes about 20 minutes). Stir occasionally to stop a skin forming. Put the bowl of custard in the fridge for 3–4 hours, preferably overnight, so it gets really cold. Place into the Ice cream maker and churn until frozen and blade stops.