

Maine Arts Camp

SPECIALTY WEEK 2012

Recipe Name: Vanilla Ice Cream

Chef: Charles Limoggio C.E.C.

Preparation Time:

Servings: 16-1 cup servings

Yield: 1 gallon

Quantity	Unit	Ingredient Name	Prep Notes
42	Fluid ounces	Milk	
42	Fluid ounces	Heavy cream	
3	Whole	Vanilla beans	Split & scraped
18	Ounces	Sugar	DIVIDED
2	Fluid ounces	Corn syrup	
3/4	tsp	Salt	
30	large	Egg yolks	

Procedure:

- 1** Combine the milk, heavy cream, vanilla bean pod and seeds, half of the sugar, corn syrup, and salt in a saucepan. Bring to a gentle rolling simmer, turn off and cover. Allow to steep covered for 10 minutes.
- 2** Meanwhile, blend the egg yolks with the remaining sugar. Remove the vanilla pods and return the mixture to a simmer. Temper one-third of the hot mixture into the egg yolks, whisking constantly. Return the tempered egg mixture into the saucepan with the remaining hot liquid, stirring constantly over medium heat until the mixture is thick enough to coat the back of a spoon, about 3 to 5 minutes.
- 3** Strain the ice cream base into a metal container placed over an ice bath, stirring occasionally until it reaches below 40°F, about 1 hour.
- 4** Cover and refrigerate for a minimum of 12 hours. Process in an ice cream machine according to the manufacturer's directions.
- 5** Pack in storage containers or molds as desired, freeze for several hours or overnight before serving.

* The vanilla beans are inside of the pod. There will be tiny black spots in your custard. These are the vanilla beans.