

Maine Arts Camp

Summer 2013

Recipe: French Vanilla Ice Cream

Yield: 1 ½ quarts

Quantity	Measurement	Ingredient	Preparation
2	cups	Milk	
2	cups	Heavy cream	
1	whole	Vanilla bean	Split & scraped
7	Ounces	Sugar	
1	ounce	Corn syrup	
¼	teaspoon	Salt	
15	large	Egg yolks	

1. Combine the milk, heavy cream, vanilla bean pod and seeds, half of the sugar, glucose syrup, and salt in a saucepan.
2. Bring the mixture to a simmer over medium heat, stirring constantly, about 7 to 10 minutes. Remove saucepan from the heat, cover the pan, and steep for 5 minutes.
3. Meanwhile, blend the egg yolks with the remaining sugar. Remove the vanilla pod 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.
4. 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.
5. Cover and refrigerate for a minimum of 12 hours. Process in an ice cream machine according to the manufacturer's directions.
6. Freeze for several hours or overnight before serving.