

Maine Arts Camp

Recipe: Vanilla Ice Cream

Chef: Charlie Limoggio CEC

Yield: Approximately 1 quart

Quantity	Unit	Ingredient	Prep Notes
1	Cup	Whole milk	
$\frac{3}{4}$	Cup	Sugar	
2	Cups	Heavy cream	
1	Pinch	Salt	
1	Whole	Vanilla bean	Split in half lengthwise
6	Large	Egg yolks	
$\frac{3}{4}$	Teaspoon	Vanilla extract	

1. Warm the milk, sugar, **1** cup (250 ml) of the cream, and salt in a medium saucepan. Scrape the seeds from the vanilla bean into the warm milk and add the bean as well. Cover, remove from the heat, and let steep at room temperature for 30 minutes.
2. Pour the remaining 1 cup (250 ml) cream into a large bowl and set a mesh strainer on top. In a separate medium bowl, whisk together the egg yolks. Slowly pour the warm mixture into the egg yolks, whisking constantly, then scrape the warmed egg yolks back into the saucepan.
3. Stir the mixture constantly over medium heat with a heatproof spatula, scraping the bottom as you stir, until the mixture thickens and coats the spatula. Pour the custard through the strainer and stir it into the cream. Put the vanilla bean into the custard, add the vanilla extract, and stir until cool over an ice bath.
4. Chill the mixture thoroughly in the refrigerator. When ready to churn, remove the vanilla bean, rinsing and reserving it for another use, and then freeze the mixture in your ice cream maker according to the manufacturer's instructions.

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, $\frac{1}{2}$ cups etc.