

BASIC VANILLA ICE CREAM



INGREDIENTS

- 2 cups (500 mL) heavy whipping cream
- 1 cup (250 mL) whole milk
- ½ cup (125 mL) sugar
- 1 tsp (5 mL) vanilla extract

DIRECTIONS

1. Place the bowl of the Ice Cream Maker into the freezer on the coldest setting for at least 24 hours.
2. Combine ingredients in a Classic Batter Bowl and whisk for 1 minute, or until the sugar is dissolved. Place bowl in refrigerator for 30 minutes, or until mixture reaches 45F (7C).
3. Remove the bowl from the freezer and attach the assembled clear lid to the bowl.
4. Set the timer for 20 minutes. Once the paddle starts rotating, pour the cream mixture into the bowl.
5. When the Ice Cream Maker stops turning, check for doneness. The mixture should be a soft-serve consistency. If needed, add more time until desired consistency is reached.
6. Yields 8 Servings

Nutrients per serving:

U.S. Nutrients Per Serving (½ cup/125 mL): Calories 280, Fat 23 g, Cholesterol 85 mg, Sodium 35 mg, Carbohydrate 16 g, Sugars 14 g, Protein 2 g

Cook's Tips:

The ice cream will be a “soft-serve” consistency when it first comes out of the machine. For a firmer, scoopable ice cream, cover the bowl with the Stretch-Fit Silicone Lid and place in the freezer for 2–4 hours.