



VANILLA ICE CREAM

INGREDIENTS

500 mls full cream milk

500 mls cream (his recipe calls for pouring cream, but we used thickened, which worked fine)

2 vanilla beans, sliced lengthways, with the seeds scrapped out of (or as a cheat's shortcut use 2 teaspoons of vanilla bean paste)

12 egg yolks

300 grams of caster sugar

HOW TO

Place the milk, cream, vanilla bean seeds and remaining beans into a medium saucepan, and using low to medium heat, bring to just under the boil (look for the start of little bubbles on the saucepan's side, then remove).

In a large bowl whisk together the egg yolks and sugar until they're combined and have begun to cream.

Carefully and slowly pour the hot mixture into the egg yolks, making sure the ingredients sitting on the bottom and sides of the bowl have been incorporated.

Using a fine sieve, pour the mixture into a clean saucepan, and place on the stove.

Using low heat and a wooden spoon, continuously stir until the mixture thickens and coats the spoon (e.g when you lift the spoon up, swipe your finger down the back of the spoon. If there is no run to the mixture and the line holds, it's ready).

Strain through a fine sieve into a metal tray (a loaf tin works well) and allow to cool for around 30 minutes.

Cover with alfoil, and transfer to the freezer. Check and give a good stir every four hours so to 'churn'. Be sure to work the more solid mixture from the edges and bottom into the centre of the tin.

GOT AN ICE CREAM MAKER? EASY. TRANSFER AND CHURN ACCORDING TO YOUR INSTRUCTIONS.