



# A COOK'S COMPANION

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## **Homemade Vanilla Ice Cream**

*Makes slightly less than 1 quart*

Master the basics of vanilla ice cream, and the possibilities for an endless number of chilly varieties become possible. And, homemade ice cream is simply the best – no preservatives, no shortcuts, no subpar ingredients with off flavors. Made fresh, your own ice cream is just that, fresh tasting. There are so few ingredients in ice cream, make quality choices; the difference will be noticeable in the results. This particular version of a vanilla ice cream base does not require cooking (like custard ice cream bases that use eggs). Get your spoons ready; a remarkably delicious treat is ahead!

### ***Ingredients:***

1 cup whole milk  
2/3 cup sugar  
1/8 tsp Kosher salt  
2 cups heavy cream  
1 tbsp pure vanilla extract

### ***Directions:***

1. In a medium bowl, whisk together the milk, sugar, and salt and stir until the sugar has dissolved completely. Add the cream and vanilla, and whisk to combine.
2. Cover the bowl well with plastic wrap and chill the mixture in the refrigerator for 2-3 hours (assuming you've started with cold milk and cream). (We like to make this base mixture a day ahead of time; it's certain to be well-chilled this way.)
3. Follow the manufacturer's instructions for your ice cream maker. For ice cream makers that use a pre-frozen insert, ensure that the insert is frozen well, that is, has been in the freezer chilling for 24 hours.
4. Pour the well-chilled ice cream mixture into the ice cream maker and churn with a slow, even pace. The mixture will gradually freeze and thicken. Once the ice cream holds its shape and no fluid or liquid areas remain, transfer the ice cream to a chilled container with an airtight lid. [Or, the soft ice cream may be enjoyed directly from the ice cream maker in "soft-serve" style mode in well-chilled bowls.]
5. Cover the top of the ice cream with plastic wrap that's placed directly on the surface of the ice cream. Apply the container's lid, place in the freezer, and allow the ice cream to "ripen" or completely freeze for approximately 4 hours. Serve and enjoy.