Country Style Vanilla Ice Cream (requires cooking)

Recipe: Country Style Vanilla Ice Cream
Summary: *Home made vanilla ice cream, printed years ago in the Ft. Lauderdale Sun-Sentinel. Requires cooking. Note, this is a 5 quart recipe. See variation for 6 quart recipe. This ice cream is very creamy, and has a custard texture. It is a little more work, but worth it, in my opinion.*

Ingredients

- 5 eggs (6 eggs for 6 quart recipe)
  3 1/4 cup sugar (4 cups for 6 quart recipe)
  5 cups whipping cream (6 cups for 6 quart recipe)
- Approx. 6 1/2 cups milk (8 cups for 6 quart recipe). NOTE: Only 4 cups is cooked
- 2 1/2 tablespoons vanilla extract (3 tablespoons for 6 quart recipe). ADDED AFTER COOKING
- about 3 bags of ice
- Rock Salt

Instructions

1. Combine eggs (beaten), sugar, cream and 4 cups of milk



Cooking the ice cream

ingredients

2. Cook mixture until 160-165 degrees F. The recipe in the *Sun-Sentinel* says, *“lightly coats spoon and finger leaves a path when drawn across back of spoon.”* Frankly, this method of checking the temperature never works for me. However, there are two important reasons to achieve this temperature—which is pretty hot but NOT boiling—so it is probably best to use a thermometer. First of all, cooking the mixture fundamentally changes the taste and texture of the final product. Secondly this temperature is what is needed to kill any salmonella bacteria.[2. Apparently the risk of contracting salmonella is small. However, this factor is why I personally recommend skipping the “raw egg” ice cream recipes, unless you use an “egg substitute.” There is an excellent article on point at MissouriFamilies.ORG]
3. Chill completely in fridge or ice bath. If warm, you may churn flakes of butter. I put the can in the ice cream freezer, and add the ice, but DON’T start the motor/cranking, for about an hour until the mixture in the can is cool to the touch.
4. Add the additional ingredients. Note the milk is added last, and the amount listed is only an estimate. Add until the fill line.
5. Crank the ice cream per the general instructions.

CulinaryTradition: *USA (Traditional)*

My rating: 5.0 stars

