

Vanilla Ice Cream

Makes around 1 liter volume

Takes 30 minutes to assemble and 24hrs in freezer

EQUIPMENT

2 medium stainless steel / glass bowl
1 large stainless steel / glass bowl
Pot big enough to sit bowls on
1 fine Wisk / electric hand beater [not bar mix]
1 small pot
2 loaf tins

INGREDIENTS

4 vanilla pods [not essence]
500ml cream from your cow
6 large eggs [separated.] I use duck!
100ml rum or brandy
400g castor sugar
100g icing sugar
200ml water
Cling film



METHOD

1. Line the loaf tins with cling film, ensuring that some will be left to cover top of tin when full.
2. In small sauce pan combine 100g castor sugar rum or brandy and the water, place on low heat.
3. Split vanilla pods length ways and scrape out seeds on to back of knife, place seeds and pods in pot with other ingredients, reduce by $\frac{1}{2}$ and remove pods allow to come to room temp.
4. Separate your eggs, yolks in one bowl whites in another. Chill whites in fridge for 10 minutes.
5. Place cream in large chilled mixing bowl, add sifted icing sugar and whip until stiff, place in fridge.
6. Take egg white bowl out of fridge and add 300g castor sugar and Wisk until meringue has formed soft peaks, put back in fridge.
7. Place a pot with 1cm water on the stove and bring to simmer.
8. Add vanilla liquid to egg yolks in bowl and beat until frothy, place bowl on heated pot and continue to beat, ensuring that egg mix does not scramble, if the egg mix starts to clot to fast remove from heat and continue to beat until cooler return to pot until mix is consistency of batter and coats a spoon.
9. Now to make ice cream... Start with your bowl of creamed egg yolks, add the whites and using a spatula gently fold in the white to the yolk, when almost combined add the cream and fold in gently until mix is even consistency, [warning don't be tempted to beat the mix]
10. Place into loaf tins and freeze for 2 days before use.

I like to serve mine with fresh autumn berries!

Sourced from : www.miniaturedextercattle.com.au