



Real vanilla ice cream



Vegetarian



Gluten Free

READY IN



180 min.

SERVINGS



1

CALORIES



2153 kcal

DESSERT

Ingredients

- ☐ 500 ml milk
- ☐ 300 ml double cream
- ☐ 1 vanilla pod
- ☐ 5 large egg yolk for next time you want to make meringue – see tips below (freeze the whites)
- ☐ 140 g brown sugar

Equipment

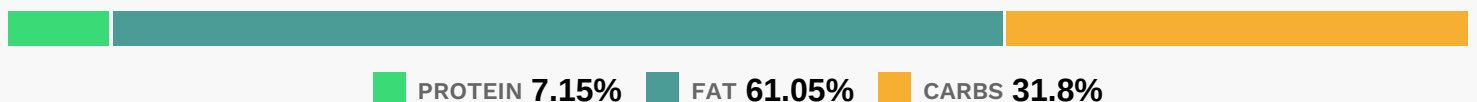
- ☐ bowl
- ☐ frying pan

- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ wooden spoon

Directions

- ☐ Put the milk and cream in a saucepan. Slit the vanilla pod down its length with a small, sharp knife and scoop out as many of the tiny black seeds as you can into the milk mixture.
- ☐ Add the pod to the pan, too.
- ☐ Heat the whole lot over a low heat, stirring occasionally, until it almost boils you'll see a few bubbles at the edge. Take off the heat and set aside for 30 mins so that the vanilla can infuse.
- ☐ Mix the egg yolks and sugar together in a bowl. Gradually pour the milk over the egg mixture, whisking continuously until combined.
- ☐ Pour everything back into the cleaned pan, return to a low heat and cook for 8–10 mins, stirring all the time with a wooden spoon, until the custard is thick enough to coat the back of the spoon. Make sure it doesn't boil or you will end up with scrambled eggs.
- ☐ Pour the custard through a fine sieve into a bowl, then sit it in a bigger bowl, one-third full of ice and water, to cool it down keep stirring every now and then to stop a skin forming. Chill to make sure it is completely cold, putting cling film directly on the surface of the custard to prevent a skin from forming.
- ☐ Pour the custard into an ice-cream machine. Churn following manufacturers instructions until frozen, then spoon into a metal or plastic freezer-proof container. Cover and freeze until solid. If you don't have an ice-cream machine, pour the custard into the container and freeze. Every 2–3 hrs, take the mixture out of the freezer and give it a stir. Once it is softly set, beat it well with electric beaters, then freeze solid. It will keep in the freezer for 3 months.
- ☐ Remove from the freezer 15 mins before serving to allow it to get soft enough to scoop.

Nutrition Facts



Properties

Glycemic Index:38, Glycemic Load:9.15, Inflammation Score:-10, Nutrition Score:44.558260814003%

Nutrients (% of daily need)

Calories: 2152.94kcal (107.65%), Fat: 148.72g (228.8%), Saturated Fat: 87.12g (544.5%), Carbohydrates: 174.29g (58.1%), Net Carbohydrates: 174.29g (63.38%), Sugar: 169.89g (188.77%), Cholesterol: 1320.9mg (440.3%), Sodium: 357.44mg (15.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.17g (78.34%), Vitamin A: 6497.4IU (129.95%), Calcium: 1059.3mg (105.93%), Phosphorus: 1032.96mg (103.3%), Vitamin B2: 1.73mg (101.63%), Vitamin D: 15.09µg (100.61%), Selenium: 68.13µg (97.33%), Vitamin B12: 4.93µg (82.08%), Vitamin B5: 5.42mg (54.19%), Vitamin B6: 0.78mg (38.75%), Potassium: 1339.05mg (38.26%), Vitamin E: 5.23mg (34.85%), Folate: 137.57µg (34.39%), Vitamin B1: 0.5mg (33.25%), Zinc: 4.84mg (32.24%), Magnesium: 99.86mg (24.96%), Iron: 3.62mg (20.09%), Vitamin K: 11.8µg (11.24%), Copper: 0.17mg (8.48%), Manganese: 0.16mg (8%), Vitamin B3: 0.91mg (4.54%), Vitamin C: 1.81mg (2.19%)