

Ice Cream Recipe!

Ingredients

- 3 – 4 cups ice
- 1/3 cup salt
- 160ml (2/3 cup) thickened cream
- 80ml (1/3 cup) milk
- 2Tbs granulated sugar
- ½ tsp Vanilla Essence



(Ingredient variations:

These are the ones that were teste in the group meetings...

For lactose free you can use lactose free milk and cream.

For vegan you can use plant based thickened cream and almond or oat milk

For sugar free you can dissolve a 2 Tbs monkfruit sweetener in a small amount of water)

Method

Step 1 – Take 1 large bag and 2 x small bags. Take one of the small bags and open it into a bowl so it stands up.



Step 2 – Pour the cream and milk into the bag.



Step 3 – Add 2 Table spoons of sugar to the bag.

Step 4 – Add 1/2 tsp of vanilla essence to the bag.



Step 5 – Mostly close the zip lock of the bag, but leave a tiny bit open. Now carefully squeeze the excess air out of the bag before sealing it completely.

Step 6 – Now put the sealed small bag into the second small bag and carefully seal it too. Now spend a moment massaging the bag to help mix the sugar through the milk and cream.



Step 7 – Open the large bag and put 3-4 cups of ice cubes into the bag.

Step 8 – Add 1/3 cup of salt to the ice. (A little too much is better than a little less for this step)



Step 9 – Put the double bagged cream mix into the big bag with the ice and seal the zip lock.



Step 10 – Shake the bag for about 5 min. Once it started to get wet on the outside from condensation, wrap the bag in a tea towel and keep jiggling it.



Step 11 – After 5 min, put the bag on a table with the tea towel. Every 30sec to min, massage the bag to move around the ice cream in with the ice. This is to cream the cream moving and stop it freezing into a lump. Do this for 10 min.

Step 12 – Your ice cream should now be ready. Carefully open the ice bag and remove the small bags. Then open the outer small bag and remove the ice cream.

Step 13 – WASH YOUR HANDS NOW! Your hands will have salt on them from the ice. If you don't wash your hands you will end up with slightly salty tasting ice cream!



Step 14 – Open the bag of ice cream and add the topping of your choice and eat directly from the bag! YUM!!



Suggestions: Things I haven't tried but would like to try adding to the cream mix to do flavored ice creams...

Mashed banana, milo, strawberry syrup, chocolate syrup, raspberry jam. Would love to hear your ideas!