
Vanilla Ice Cream

Wendy

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Servings: 8

Preparation Time: 15 minutes

Start to Finish Time: 6 hours 45 minutes

1 cup milk

3/4 cup sugar

1/4 teaspoon salt

3 egg yolks, lightly beaten

2 cups whipping cream

2 teaspoons vanilla extract (or 1 tablespoon vanilla bean paste)

Stir together the milk, sugar and salt in a saucepan over medium heat. Cook, stirring constantly, until the mixture begins to simmer, about 5 minutes.

Place the egg yolks in a small bowl. Gradually stir in about one-half cup of the hot milk mixture. Return the egg mixture to the saucepan. Heat, stirring constantly, until thickened, about 5 minutes (Do Not Boil).

Pour into a chilled bowl and refrigerate until cold, stirring occasionally, about two hours.

Stir the cream and vanilla into the cooled mixture. Pour into an ice cream maker and freeze according to manufacturers instructions. Transfer to an airtight container and freeze until firm, four hours or overnight.

Dessert

Per Serving (excluding unknown items): 319 Calories; 25g Fat (69.0% calories from fat); 3g Protein; 22g Carbohydrate; 0g Dietary Fiber; 165mg Cholesterol; 107mg Sodium. Exchanges: 0 Lean Meat; 1/2 Non-Fat Milk; 5 Fat; 1 1/2 Other Carbohydrates.