

Frozen Custard: Vanilla or Chocolate

Serves 6

This is a simple, rich ice cream. You can eat it directly from the mixer as soft-serve or freeze it to harden it.

Be sure to freeze the double-walled basket unit for at least a day and refrigerate the custard overnight or it might not harden enough.

In Ann Arbor, you can get a single vanilla bean at By the Pound in the South Main Market. In Charleston, you can get one at the Spice and Tea Exchange on Church near the market.



Ingredients:

- 1 1/2 Cups half and half
- 1 Cup granulated sugar
- 1 whole vanilla bean
- 5 large egg yolks
- 1 1/2 Cups heavy whipping cream
- 1/2 Cup dark cocoa powder:
Optional for chocolate ice cream

Equipment

- Cuisinart Ice Cream Maker with eutectic salt reservoir
- Mixing bowls - 2

Frozen Custard:

☑	Directions	Time (min)	
	Place freezer reservoir in lowest/coldest part of freezer		1 day
	Cut vanilla bean lengthwise. Scrape out seeds and reserve.	1	
	In a sauce pan, combine half & half, sugar, vanilla bean and seeds.	2	
	Heat over low heat whisking constantly until almost simmering — should coat the back of a spoon.	3	
	Separate five eggs. Reserve whites for use another day	2	
	Whisk egg yolks to combine.	1	
	Remove half & half from heat	1	
	Slowly drizzle about half of the half & half mixture into the yolks stirring constantly to temper the eggs	1	
	Pour yolk mixture into sauce pan with remaining half and half. Stir to combine.	2	
	Heat half & half plus yolks until thick but not boiling. Remove from heat.	2	
	Pour heated half & half plus yolks through a strainer into a bowl with the cream.	1	
	Whisk to combine. Mixture will have black vanilla seeds.	1	
	Place plastic wrap on surface of mixture to prevent skim from forming	1	
	Refrigerate overnight		12 hrs
	During summer time, place in freezer for an hour but do not freeze		1 hr
	Remove ice cream reservoir from freezer. Fill with cream mixture. Place in ice cream maker and turn on	1	
	Use ice cream maker to stir mixture. Monitor it every 5 minutes until ice cream sticks to stirring blade	20	
	For soft-serve, serve immediately. To finish setting up, transfer to container and place in freezer		3 hrs
	Total	39	