

# Basic Vanilla ice-cream

Makes 1 Litre

## **Ingredients**

300ml thick cream  
300ml milk  
1 vanilla bean, split  
6 egg yolks  
175g caster sugar  
1 tsp vanilla extract



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## Method

Place the cream and milk in a saucepan.

Scrape in the vanilla seeds and add the bean, too.

Bring to the boil, then turn off the heat and set aside for 10 minutes to infuse.

Place the egg yolks, sugar and vanilla extract in the bowl of an electric mixer.

Beat until pale. Carefully pour the milk over, then return to a clean saucepan.

Cook over low heat, stirring, for about five minutes until it is slightly thickened and coats the back of a wooden spoon.

(This simple custard forms the basis of a classic ice-cream recipe.)

Set aside to cool, then refrigerate for 30 minutes.

Place custard in the frozen ice cream maker

Stir 3 – 4 times; wait for 3-4 minutes

Stir the mixture for twenty minutes until frozen

Decant into a 1 litre container and freeze