



CHOCOLATE



STRAWBERRY



VANILLA



GINGER



COFFEE



ORANGE



# MAKE YOUR OWN ICE CREAM

Homemade ice cream is delicious and surprisingly easy. With just 20 minutes of prep, create frosty treats ready for cones, floats, and more—or use our ideas for your favorite store-bought flavor!

# EASY ICE CREAM

MAKES 1½ QUARTS ■ PREP TIME: 20 MIN ■ TOTAL TIME: 50 MIN + FREEZING

## WHAT YOU'LL NEED

- ☐ 8 large egg yolks
- ☐ 1 cup sugar
- ☐ ¼ teaspoon coarse salt
- ☐ 2 cups skim milk
- ☐ choice of flavoring (opposite)
- ☐ 2 cups heavy cream

## WHAT TO DO



**1** In a medium saucepan, off heat, whisk together egg yolks, sugar, and salt until blended. Gradually whisk in milk.



**2** Cook over medium, stirring constantly with a wooden spoon, until custard thickens slightly and evenly coats back of spoon (it should hold a line drawn by your finger), 10 to 12 minutes.



**3** Pour custard through a fine-mesh sieve into a bowl set over ice. Stir in cream. Let stand, stirring occasionally, until chilled. Churn in an ice-cream maker according to manufacturer's instructions. Transfer ice cream to a resealable plastic container and freeze until firm, about 2 hours (or up to 3 months).

per serv: 251 cal; 17.6 g fat (10.2 g sat fat); 3.9 g protein; 20.2 g carb; 0 g fiber

# PICK YOUR FLAVOR



**CHOCOLATE** In step 1, stir  $\frac{1}{2}$  cup unsweetened cocoa powder into egg-yolk mixture before adding milk.



**STRAWBERRY** Mash 4 cups sliced strawberries with  $\frac{1}{4}$  cup sugar and let stand 10 minutes. Add to ice cream as it churns in ice-cream maker.



**VANILLA** After step 2, stir 1 vanilla bean (split and scraped) or 2 teaspoons pure vanilla extract into custard. If using bean, cover custard and let stand 30 minutes.



**GINGER** After step 2, stir a 2-inch piece peeled fresh ginger, cut into matchsticks, into custard. Cover and let stand 30 minutes.



**COFFEE** After step 2, stir  $\frac{1}{2}$  cup crushed espresso beans into custard. Cover and let stand 30 minutes.



**ORANGE** After step 2, stir 6 strips orange zest into custard. Cover and let stand 30 minutes.

# ICE CREAM TIPS & TRICKS

## MAKING CUSTARD

Using a heavy-bottomed saucepan will help the custard cook evenly. As you stir, always scrape the bottom of the pan to prevent a layer of overcooked custard from forming. Once the custard is done, strain it to ensure a smooth texture.

**CHURNING** Make sure to chill the custard before pouring it into the ice-cream maker so that it churns properly (for more on ice-cream makers, see page 72). The ice cream is ready when it holds its shape but still sags slightly when the machine is stopped. It won't be as firm as store-bought ice cream until you freeze it.

**SCOOPING** For perfect scoops, freeze the ice cream in a loaf pan until firm. To serve, run an ice-cream scoop down the length of the pan, heating the scoop briefly in warm water between scoops. You can use a scoop with liquid antifreeze inside the handle, which prevents the tool from getting cold—find it in kitchen stores.

## AFFORDABLE INDULGENCE

Making your own ice cream costs about 60% less than buying the same amount of gourmet ice cream.



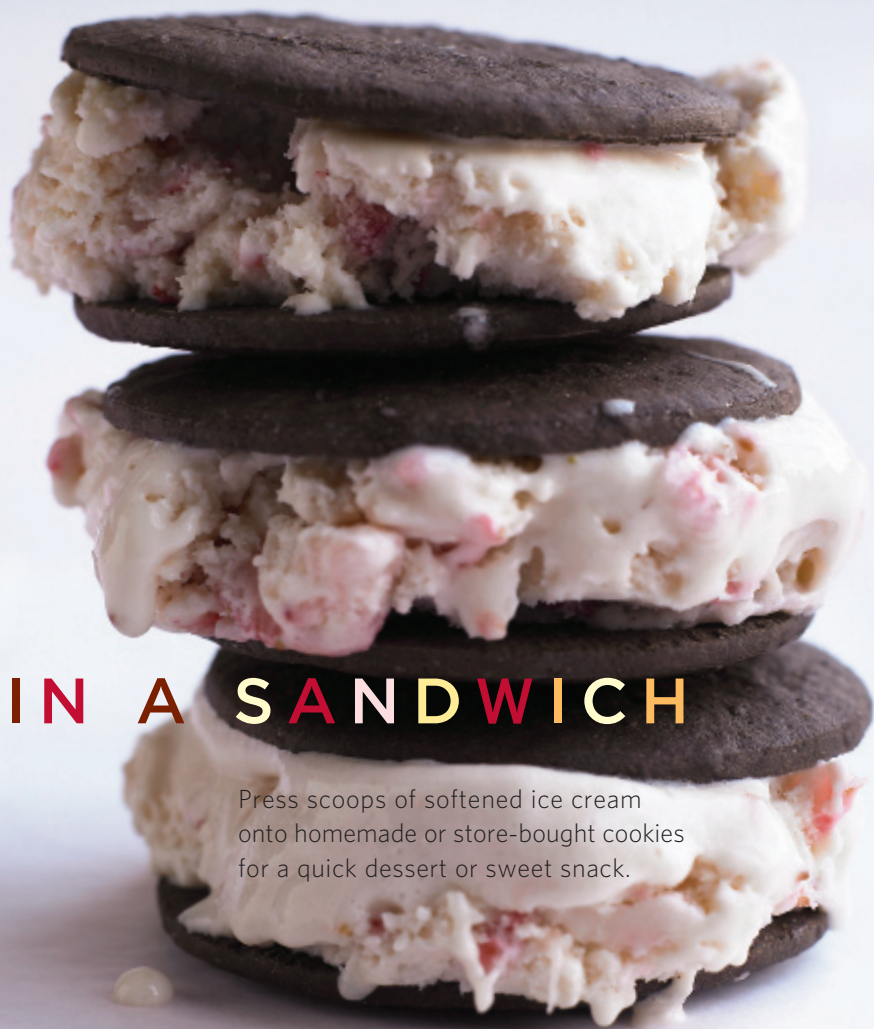


TREATS IN AN INSTANT



## ON A CONE

When it comes to summer's simple pleasures, there's nothing like a generous scoop on a sugar or waffle cone. Try dipping it into a bowl of sprinkles or chopped nuts.



# IN A SANDWICH

Press scoops of softened ice cream onto homemade or store-bought cookies for a quick dessert or sweet snack.



## IN A FLOAT

Make a fun, fizzy dessert in no time by pouring club soda into a glass filled with scoops of ice cream. Try using different flavors and adding a shot of instant espresso, if you like.