

Vanilla Ice Cream

Ingredients:

Custard:

Six egg yolks plus one egg

1 cup Sugar

1 ½ cups of Heavy Cream

1 ½ cups Whole Milk

3 Vanilla Beans

Whisk together the eggs and sugar in a large Stainless Steel or glass bowl. Place the bowl over a large 3 or 4 qt. saucepan filled with simmering water. With the heat on low, whisk the mixture continuously until you can form ribbons. This is where you can lift the whisk out of the mixture, write your name and it doesn't disappear for about 5 to 10 seconds. This can take as long as 30 minutes.

Whisk in the cream and milk. Split and scrape the vanilla beans into the mixture. Put the vanilla beans in there too. Stir often with the whisk until the mixture can coat a spoon with only a slow drip. It will be about the consistency of vegetable oil.

Remove the custard from the stove and chill for at least two hours or over night. When chilled, remove the custard from the refrigerator and freeze following your ice cream machine's direction.