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**Homemade Ice Cream**

**By Beth Scott**

**Homemade Ice Cream**

by: **Beth Scott**

Have you ever wondered if there was a healthful alternative to the sugar and preservative filled ice cream you buy in the supermarkets? If you have or if you would truly like to try homemade ice cream then this is for you. I have a recipe for vanilla ice cream, that will knock your socks off when you taste it.

The first thing you need to know is how to make your own 100% healthy and natural vanilla extract. You might buy this from a good quality store if you can find an unadulterated brand. To make your own you'll need about a quart of milk, a vanilla bean (available at most health food stores), and a teaspoon of honey. You put the milk in a saucepan and heat on high while you slice the vanilla bean lengthwise and in half.

Then put the halves of the vanilla bean into the milk. Boil for around 15 to 20 minutes, then cook on medium heat for a half hour or until the milk has a thin sheet of film on top.

Stir the mixture constantly as it cooks to prevent burning. Cool the extract and freeze in a plastic bottle or container. This extract will last you for quite awhile since recipes call for only a few teaspoons each. You should—if you plan to make the ice cream anytime soon— save a cup of the extract in a container in your refrigerator. Whenever you want to make more ice cream just get the extract out of the freezer and thaw in the refrigerator until a few tablespoons or so are thawed, then refreeze the rest before it thaws out.

Now I'll give you my vanilla ice cream recipe, follow the instructions carefully and you'll get wonderful results.

Vanilla Ice Cream

## Homemade Ice Cream

You'll need: 3 eggs, with the egg whites and yolks separated, 1/2 cup honey, 4 cups light cream, and 2 teaspoons vanilla extract.

1. In a medium size bowl beat the yolks until smooth. Gradually add honey, beating until well-blended and thick. In a different small bowl beat the egg whites until stiff, stir beaten whites in with the yolk and honey.
2. Then add the cream and egg mixture together in a saucepan, cook on medium heat, stirring constantly for 15 minutes.
3. Stir in vanilla extract, and either process in an ice cream maker or just freeze in a bucket container overnight. Serve with an ice cream scoop.

This ice cream is rich, creamy, natural, and very healthy I'm sure you'll enjoy it.

For more great recipes go to:

Beth Scott

I'm a self made entrepreneur, and an affiliate for numerous sites. For more information contact me at:

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### **How to Make Homemade Ice Cream (Without an Ice Cream Maker!)**

**By LeAnn R. Ralph**

COLFAX, WISCONSIN -- June is Dairy Month and what better way to celebrate than with homemade ice cream?

When I was growing up on our small family dairy farm in west central Wisconsin 40 years ago, my dad would make homemade ice cream using cream and milk from our very own cows and a hand-cranked ice cream freezer.

But you don't need an ice cream freezer to make your own homemade ice cream. You can make ice cream with your refrigerator. Here's how:

Dad's Favorite Recipe (From the book: Give Me a Home Where the Dairy Cows Roam -- True Stories from a Wisconsin Farm. Coming Soon -- Fall 2004) 2 eggs 3/4 cup sugar 2 tablespoons cornstarch

1 cup milk 1 pint heavy whipping cream pinch of salt 2 teaspoons vanilla

Using an electric mixer, beat the eggs for several minutes until thick and lemon colored. Add 1 cup of milk and blend into the eggs. Mix sugar and cornstarch in a large saucepan. Add egg/milk mixture to the sugar and cornstarch. Cook until thick (about 5 minutes) stirring constantly. Allow the custard

## Homemade Ice Cream

mixture to cool to room temperature.

When the custard is cool, put into a freezer-safe bowl. Blend in cream and salt. Freeze for 2 hours or until slushy. Add 2 teaspoons vanilla. Whip for 5 to 10 minutes with an electric mixer. Return to freezer and finish freezing (several hours or overnight).

Variations:

After you have whipped the ice cream, fold in 1 to 2 cups of fresh or frozen fruit, nuts and/or chocolate before returning the ice cream to the freezer to finish freezing.

Here are some ideas for additions to your ice cream: Strawberries Blackberries Raspberries  
Peaches Cherries (or Maraschino Cherries) Chocolate chips Butterscotch chips Crushed Heath bars

Crushed peppermint candy Chopped walnuts Chopped pistachio nuts Diced bananas Coconut

Chocolate chip cookie dough (drop into the ice cream by small spoonfuls and carefully fold in)  
Caramel or chocolate or fudge syrup (drop into the ice cream by small spoonfuls and carefully fold in)

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LeAnn R. Ralph is the author of the books: "Preserve Your Family History (A Step-by-Step Guide for

Writing Oral Histories)" (e-book; 66 pages \$7.95;

) and

"Christmas in Dairyland (True Stories from a Wisconsin Farm)" (trade paperback; \$13.95; August 2003). Her next book, "Give Me a Home Where the Dairy Cows Roam" will be available Fall 2004. To order "Christmas in Dairyland," call LeAnn at (715) 962-3368 or visit --

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