

Vanilla Ice Cream

<u>Ingredient</u>	<u>Quantity</u>	<u>Instruction</u>
heavy cream	1 ½ cups	
whole milk	1 ½ cups	
egg yolks	6	
granulated sugar	½ cup + 2 TBLSP	
vanilla bean	1	split lengthwise
sea salt	1/8 tsp	

- Using the tip of a sharp paring knife, scrape the seeds from the split vanilla bean into a small pot.
- Add the heavy cream, milk, sugar and salt, and simmer over medium heat until the sugar completely dissolves, about 5 minutes. Remove pot from heat.
- In a bowl, whisk egg yolks. Whisking constantly, slowly whisk about a third of the hot cream into the yolks, then whisk the yolk mixture back into the pot with the cream.
- Return pot to medium-low heat and gently cook until mixture is thick enough to coat the back of a spoon (about 170 degrees on an instant-read thermometer). Do not let the custard boil.
- Strain through a fine-mesh sieve into a bowl. Cool mixture to room temperature. Cover with plastic wrap, pressing directly onto the surface of the custard to prevent a skin from forming, and chill at least 4 hours or overnight.
- Churn in an ice cream machine for 35 minutes. Serve directly from the machine for soft serve, or store in freezer until needed.

NOTE: Use the residual 6 egg whites to make a Pavlova.