

GV (GROUND VANILLA) BEAN ICE CREAM

Adapted from *icecreamfromscratch.com/*

Servings: 6/ Prep: 20 minutes/ Cook Time: 30 minutes/

Chilling/Freezing: 8 hours

INGREDIENTS

- **4 large egg yolks**
- **2/3 cup sugar (Granulated is good but caster sugar dissolves more easily.)**
- **1 tsp ground vanilla**
- **1 ½ cups whole milk**
- **½ tsp salt**
- **1 ½ cups heavy cream**
- **1 tsp vanilla extract or ½ tsp ground vanilla**
- **1 tbsp vodka (optional but helps prevent ice crystals)**

DIRECTIONS

- 1. Chill ice cream bowl for 24 hours or longer.**
- 2. Whisk egg yolks with sugar until mixture is light in color.**
- 3. Add milk, salt, ground vanilla to a saucepan over medium heat. Bring milk to simmer and remove from heat. (Your milk has reached a simmer when small bubbles are rising to the surface and popping. Avoid boiling the mixture.)**
- 4. Add ½ cup of hot milk to egg and sugar mixture slowly, whisking continually. (This process of tempering the egg mixture prevents curdling.)**
- 5. Add the tempered mixture back in the saucepan with the remaining hot milk. Heat on low, stirring constantly until thick enough to coat the back of a spoon.**

- 6. Strain the mixture into a bowl and then add heavy cream, vanilla extract (or more ground vanilla), and 1 tbsp. vodka. Stir.**
- 7. Cover bowl with plastic wrap, with wrap touching the surface of the base to prevent a skin forming.**
- 8. Refrigerate for at least three hours. (You want the mixture thoroughly cold.)**
- 9. Churn in ice cream machine according to directions. Takes about 21 to 25 minutes.**
- 10. Alternatively, transfer mixture to a loaf pan and place plastic wrap on top and freeze for at least 4 hours or until salad.**