

Plate Dream

# Old Fashioned Ice Cream Recipe

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| **15 min**<br>Prep time | **25 min**<br>Cook time | **40 min**<br>Total time |
| **4**<br>Servings | **Medium**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Main Ingredients

- [ ] 2 cups whole milk
- [ ] 2 cups heavy cream
- [ ] 3/4 cup granulated sugar
- [ ] 4 large egg yolks
- [ ] 1 vanilla bean, split and seeded
- [ ] Pinch of salt

## Instructions

1. In a saucepan, combine milk, cream, vanilla seeds, and the split bean; warm over medium heat until just steaming.
2. Meanwhile, whisk egg yolks with sugar and a pinch of salt until the mixture blanches and thickens.
3. Temper the yolks by slowly pouring about a cup of the warm milk mixture into them while whisking constantly.
4. Return the tempered yolk mixture to the saucepan; cook on low, stirring gently, until it coats the back of a spoon.
5. Strain the custard through a fine mesh into a bowl, discard the vanilla pod, and let it cool to room temperature.
6. Chill the custard in the refrigerator for at least 2 hours, then churn in an ice-cream maker or freeze while stirring every 30 minutes until firm.

### Nutrition per serving

| 310 kcal | 5 g | 22 g | 22 g |
|---|---|---|---|
| Calories | Protein | Carbs | Fat |

**Tips & notes**

- For extra silkiness, add a tablespoon of corn syrup before chilling.
- If you prefer a richer taste, substitute half of the milk with additional cream.
- A quick tip: sprinkle a tiny dash of sea salt on the final scoop for contrast.