

H O M E M A D E

Ice Cream

sherbets · yogurts · smoothies

**KEEPERS AT HOME SAMPLER
· EIGHT ·**

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BEGINNERS' TIPS

- > TO FREEZE YOUR OWN ICE CREAM, YOU NEED A CHURN, ICE, SALT, AND OF COURSE YOUR ICE CREAM MIX.
- > USE AT LEAST A QUART OF SALT IN THE ICE TO GET A COLD ENOUGH TEMPERATURE.
- > CRANK UNTIL IT GOES HARD AND THEN SOME!
- > NEVER FILL YOUR FREEZER MORE THAN $\frac{2}{3}$ FULL WITH THE ICE CREAM MIX. IT MIXES WITH AIR AND INCREASES IN VOLUME.
- > IF YOU DON'T EAT IT RIGHT AWAY, YOU CAN LEAVE IT IN THE CHURN FOR SEVERAL HOURS, BUT TAKE OUT THE DASHER RIGHT AWAY WHILE IT COMES EASY.
- > TO USE THE LEFTOVER LATER, YOU SHOULD TEMPER IT, WHICH MEANS TO SLOWLY THAW IT UNTIL IT'S SOFT ENOUGH TO SCOOP.

WHY YOU SHOULD MAKE YOUR OWN ICE CREAM

IN THE OLDEN DAYS WHEN ICE CREAM WAS MADE OF WHOLE EGGS, MILK, AND SUGAR, AND LABORIOUSLY CRANKED IN THE OLD FARM FREEZER, A SERVING OF ICE CREAM WAS ONLY AN OCCASIONAL FAMILY "TREAT" WHICH DIDN'T DO MUCH HARM. TODAY, IN THIS MASS-PRODUCING, SYNTHETIC AGE, IT IS ANOTHER MATTER ENTIRELY.

ICE CREAM MANUFACTURERS ARE NOT REQUIRED BY LAW TO LIST THE ADDITIVES USED IN THE MANUFACTURE OF THEIR PRODUCT. CONSEQUENTLY, TODAY MOST ICE CREAMS ARE SYNTHETIC FROM START TO FINISH.

—TAKEN FROM DR. CHRISTOPHER NEWSLETTER, VOLUME 2, NUMBER 7

GOOD OLD VANILLA



VANILLA ICE CREAM #1

4 eggs	4 c. heavy cream
2 ¹ / ₄ c. sugar	4 ¹ / ₂ tsp. vanilla
5 c. milk	1 ¹ / ₂ tsp. salt

Gradually add sugar to beaten eggs. Continue to beat until mixture is fairly stiff. Add remaining ingredients and mix thoroughly. Pour into gallon freezer and freeze. Delicious! Yield: 1 gallon.

VANILLA ICE CREAM #2

2 ¹ / ₂ c. sugar	5 eggs
6 Tbsp. flour, or part cornstarch	4 c. heavy cream, or 2 c. heavy cream and
1 ¹ / ₂ tsp. salt	2 c. regular cream
5 c. milk	4 ¹ / ₂ tsp. vanilla

Combine sugar, flour, and salt in a saucepan. Slowly stir in hot milk. Cook over low heat for about 10 minutes, stirring constantly, until mixture is thickened. Mix a small amount of hot mixture into beaten eggs. Add this to the hot mixture and cook for 1 minute longer. Chill in refrigerator. Add cream and vanilla. Pour into a gallon freezer.



VANILLA ICE CREAM #3

1 qt. milk	1 pkg. Knox gelatine
1 c. sugar	4 eggs
1/2 c. honey	1 qt. cream or whole milk
1/2 c. cornstarch	1 tsp. vanilla
1/4 tsp. salt	

Scald milk. Put sugar, honey, cornstarch, salt, and eggs into blender with 1 cup milk. Add to scalded milk and cook until thick. Add gelatine which was dissolved in 3 Tbsp. cold milk. Cool. Add cream and vanilla. This is also very good with part brown sugar. Yield: 1 gallon.

PAN-FROZEN VANILLA ICE CREAM

4 quarts cream (may use part milk)	2-3 c. sugar
4 cups milk, divided	2 Tbsp. vanilla
5 Tbsp. unflavored gelatine	

Pour cream into a large bowl. Heat 2 cups milk, but don't make it very hot. Dissolve gelatine in the 2 remaining cups milk. Mix warm milk with gelatine mixture. Add to cream. Add sugar and vanilla. Stir well and put into refrigerator freezer until firm. When firm, put through blender two cups at a time for soft ice cream. If it gets too firm before you get it blended, just add some milk to blend it.

BEST HOMEMADE ICE CREAM

2 c. brown sugar	4 eggs
2 lumps butter	2 tsp. vanilla
2 Tbsp. cream	a little milk
2 qts. milk	1 1/2 qts. cream or 1 pt. beaten cream
6 Tbsp. cornstarch	and 1 qt. milk

Caramelize brown sugar, butter, and 2 Tbsp. cream. Add 2 qts. milk. Turn to low-er heat to dissolve. Don't let milk boil or it will curdle. Mix cornstarch, eggs, vanilla, and a little milk. Blend and add to hot caramel milk. Cool until cold. Whip cream. Fold into custard. Churn until it begins to freeze. Add 1 cup grapes.