

# Vanilla Ice Cream

**Yield: 1 ½ pints**

## Ice Cream Ingredients

- ½ cup sugar
- 2 cups heavy cream
- 1 cup whole milk
- ⅛ teaspoon sea salt
- 2 teaspoons pure vanilla extract or
- 1 teaspoon vanilla bean paste
- 4 large egg yolks



## Steps

1. Add heavy cream, milk, sugar and salt to a medium pot and simmer over medium-high heat for a few minutes. Make sure you are stirring often. Remove pot from heat. Add vanilla extract (or vanilla bean paste) and stir.
2. In a separate bowl whisk the egg yolks. Then, while whisking constantly, slowly stream in the hot cream mixture. Then pour that mixture back into the pot and return it to medium-high heat. Gently cook, stirring often, until the mixture is thick enough to coat the back of a spoon.
3. Strain the mixture through a fine-mesh sieve over a bowl and cool to room temperature. Cover and chill the bowl in the refrigerator overnight.
4. Churn in an ice cream machine according to the manufacturer's instructions.   
\*\*(Mine takes about 30 minutes of churning using a KitchenAid stand mixer ice cream attachment to get soft-serve consistency). You can eat it like that or put in a container and freeze to firm it up more if desired.

If adding mix-ins, wait until 20 minutes of churning has passed. Some mix-in ideas...

Chocolate chip: 4 ounces semi-sweet chocolate, chopped

Mint-Chocolate Chip: 4 ounces chopped semi-sweet chocolate plus 1 teaspoon peppermint extract