

Vanilla Ice Cream

Yield: About 1 ½ pints

Ingredients:

2 cups heavy cream
1 cup milk
½ cup sugar
¼ teaspoon fine sea salt
4 large egg yolks
2 teaspoons pure vanilla extract
(or the seeds from one vanilla bean)



- Step 1:** In a medium-size pot simmer heavy cream, milk, sugar and salt until the sugar completely dissolves (about 5 minutes). Remove pot from heat. Add vanilla.
- Step 2:** In a separate bowl, whisk yolks. While whisking constantly, slowly add about a third of the hot milk/cream mixture into the yolks. Then add the egg-cream mixture back into the pot with the rest of the cream while constantly whisking. Return the pot to the heat and again heat up over medium-high heat until the mixture has thickened and can coat the back of a spoon. Remove pot from heat.
- Step 3:** Strain the mixture through a fine-mesh sieve over a bowl. Cool mixture to room temperature. Cover and chill for at least four hours or overnight.
- Step 4:** Churn in an ice cream machine according to the manufacturers' instructions. You can serve the ice cream straight after churning (when it has the consistency of soft-serve ice cream) or you can transfer to a container and freeze for 2 hours before scooping and serving.