

## Old Fashion Egg Custard Vanilla Ice Cream Base

This base can be used to a variety of ice creams with “mix-ins”.

Makes 1-quart of ice cream

Instant-read thermometer

Ice cream maker (automatic or crank)

2 cups	heavy cream	1 cup	granulated sugar
3 tsp	pure vanilla extract	1 tsp	kosher salt
	Or	6 large	egg yolks
1	vanilla bean (spliced in half, scraped)	2 cups	whole milk

1. Pour the cream into a large bowl. Place a fine mesh strainer over the bowl. Keep close to the stove. Also, have the instant read thermometer close by.
2. In a saucepan, whisk egg yolks, scraping the sides to make sure you get all of the mixture blending and forming a thick yellow paste.
3. Continue to whisk, while pouring the milk until smooth. Scraping the sides. Add the scraped vanilla bean, seeds and pod.
4. Place the saucepan over medium heat. Using a rubber spatula, stirring the entire time. Until the custard reaches 175°F to 180°F, about 7 to 10 minutes.
5. Remove from the heat, and scrape into the fine mesh strainer. Stir to combine the custard with the cream. Let cool to room temperature, about 30 minutes. Cover with plastic wrap, and refrigerate until the custard is chilled, about 2 hours.
6. Churn custard according to your ice cream machine's manufacturing instructions. Scrape all of the ice cream into a resealable container and freeze until firm, about 4 hours.

### Ice Cream Flavors/Mix-ins :

*Fresh Fruits:* Using fresh fruits, try to use small pieces as items like strawberries are full of water and you will have a solid piece of fruit. Also, besides the fruit, swirl in the same fruit in preserves form.

*Chocolates:* Adding, 1/4 cup of cocoa powder in with the sugar will make an all chocolate ice cream. To make chocolate chip, about 1 minute prior to the completing of the freezing process, take about 3 oz of melted chocolate, dropping it into the work bowl in drops, the chocolate will harden and become chips in the finished product.