

VANILLA ICE CREAM

This recipe is from Alton Brown's show, "Good Eats". Deeann made it, and I believe it's the best ice cream I've ever had! You need an ice cream maker to do this though, and you need to start early in the day, or make it the day before you are planning on eating it. Your time and effort will be well rewarded!

INGREDIENTS:

3 Cups Half-and Half
1 Cup Heavy Cream
8 large Egg Yolks
9 ounces Sugar (weigh it)
2 teaspoons pure Vanilla Extract

DIRECTIONS:

Place the half-and-half and the heavy cream into a medium saucepan over medium heat. Bring the mixture just to a simmer, stirring occasionally, then remove from heat.

In a medium mixing bowl, whisk the egg yolks until they lighten in color. Gradually add the sugar and whisk to combine. Temper the cream mixture into the eggs and sugar by gradually adding small amounts, until about $\frac{1}{2}$ the mixture has been added. Pour in the remainder and return the entire mixture to the saucepan and place over low heat. Continue to cook, stirring frequently, until the mixture thickens slightly and coats the back of a spoon and reaches 170 to 175 degrees F. Pour the mixture into a container and allow it to sit at room temperature for at least 30 minutes. Stir in the vanilla extract. Place the mixture into the refrigerator uncovered until it won't leave any condensation on a lid, then cover and store for 4 to 8 hours, or until the mixture reaches a temperature of 40 degrees F or below.

Pour into ice cream maker and process according to the manufacturer's directions. This should take approximately 25 to 35 minutes. Serve as is for soft serve, or freeze for 3 to 4 hours to allow the ice cream to harden.

Makes about 1 $\frac{1}{2}$ quarts.

To make **MINT CHOCOLATE CHIP** ice cream, use the same ingredients except omit the vanilla. Add 1 teaspoon peppermint oil when you would have added the vanilla. When you are ready to pour the mixture into the ice cream maker, add 3 ounces of chocolate-mint candies that are coarsely chopped. Everything else remains the same.