

# Vanilla Ice Cream

Rich, creamy homemade vanilla ice cream made with egg custard base. Learn the perfect technique for restaurant-quality ice cream at home.

5 min

PREP

10 min

COOK

15 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

## Ingredients

- 4 egg yolk
- 1 cup granulated sugar
- 1 cup milk
- 1 cup heavy cream
- 2 tsp vanilla extract
- 1 cup strawberry
- 1 cup blueberries

## Instructions

### 1 Prepare the custard base

Whisk together 4 egg yolks and 1/2 cup sugar in a medium bowl until the mixture is pale yellow and smooth, about 1 minute.

- ### 2
- Heat 1 cup milk in a medium saucepan over medium heat until small bubbles form around the edges and the milk steams, about 3-4 minutes. Do not let it boil.

### 3 Temper the eggs

Slowly pour about 1/4 of the hot milk into the egg mixture while whisking constantly to gradually warm the eggs without scrambling them. Continue whisking while adding the remaining hot milk in a steady stream.

- ### 4
- Pour the mixture back into the saucepan and cook over medium-low heat, stirring constantly with a wooden spoon, until it coats the back of the spoon and reaches 170°F (77°C), about 3-5 minutes.

### 5 Cool the custard

Remove from heat immediately and strain the custard through a fine-mesh sieve into a clean bowl to remove

any lumps. Cover with plastic wrap pressed directly onto the surface and refrigerate until completely cold, at least 2 hours or overnight.

6 Stir 1 cup heavy cream and 2 teaspoons vanilla extract into the chilled custard until well combined.

7 **Churn the ice cream**

Pour the mixture into your ice cream maker and churn according to manufacturer's instructions until it has the consistency of soft-serve ice cream, typically 20-25 minutes.

8 Transfer the churned ice cream to a freezer-safe container, press plastic wrap directly onto the surface, and freeze until firm enough to scoop, at least 4 hours.

## Tips

Use an instant-read thermometer to monitor custard temperature precisely - overheating will scramble the eggs while underheating won't achieve the proper thickness.

Chill your ice cream maker bowl for at least 24 hours before use, and store it in the freezer so it's always ready for ice cream making.

Strain the finished custard through a fine-mesh sieve to remove any lumps and ensure perfectly smooth texture before chilling.

Start your ice cream maker before adding the custard base to prevent the mixture from freezing solid immediately upon contact with the cold bowl.

For ultra-smooth results, chill the custard base overnight rather than just to 65°F - the longer chilling time allows flavors to meld and improves texture.

Add mix-ins like chocolate chips or nuts during the last 1-2 minutes of churning to prevent them from sinking or breaking apart.

Pre-chill your storage container in the freezer to prevent temperature shock when transferring freshly churned ice cream.

Press plastic wrap directly onto the surface of stored ice cream to prevent freezer burn and ice crystal formation.