

creamy custard

From: *Science in a Scoop*

ingredients:

- 6 egg yolks
- 1 cup sugar
- 2 tsp cornstarch
- 1 cup milk
- 1 cup light cream
- 1 T vanilla

directions:

1. Beat egg yolks on medium with an electric or stand mixer. Add sugar and mix until light yellow and fluffy. Add cornstarch and mix on high until everything is combined
2. In separate pot, scald milk to 180° F. Slowly add scalded milk to egg and sugar.
3. In a double boiler, add the custard batter and heat on medium, stirring constantly. Make sure to scrape sides and bottom so it does not burn. You will stir until the custard begins to thicken, about 10 minutes.
4. When custard has thickened, turn off heat. Add 1 cup light cream and 1 T vanilla (*Any mix ins you would like.)
5. Refrigerate until cool.

* custard flavors:

Lemon Rosemary — ½ tsp lemon juice

Chocolate Pretzel Peanut Butter — 2 T cocoa powder, 2 T peanut butter, ¼ cup pretzels

S'more — 2 T cocoa powder, ½ cup marshmallows and chocolate chips

Caramel Cookie — 2 T caramel syrup, ½ cup crushed vanilla cookies

Frozen Fruity — 1 cup frozen fruit (peaches, raspberries, blueberries, or cherries)

Cookie Crumble — 1 cup crushed baked chocolate chip cookies

Cinnamon & Sugar — 1 tsp ground cinnamon, ½ tsp sugar

freeze: Add contents to ice cream maker and follow directions on machine.

OR... Add contents to a freezer safe container. Every 30 minutes, take the container out of freezer and stir the ice cream. This will help to keep the ice cream smooth and creamy.

storage: Because we are using fresh ingredients and NO preservatives, we recommend you eat the ice cream immediately. It will last a few days in the freezer in an airtight container.

science moment!

Making ice cream at home can be healthy and fun! Sweet treats like ice cream should be eaten in moderation. Can you think of other types of frozen treats that can be healthier?



from our kitchen to yours!