

Vanilla Ice Cream

Ingredients

1 vanilla pod
300ml full fat milk
4 egg yolks
75g caster sugar
300ml whipping cream

Method

1. Split the vanilla pod lengthways and place in a heavy bottomed saucepan with the milk. Bring just to the boil then remove from heat.
2. Cover with a lid and allow the vanilla to infuse for at least 15 minutes.
3. Remove the vanilla pod and scrape the black seeds from the vanilla back into the milk. Put the vanilla pod to the side.
4. Bring the milk back to the boil.
5. Whisk the egg yolks and sugar together in a large bowl until you have a thick, foamy mixture.
6. Once the milk reaching boiling point again pour it onto the egg and sugar mixture while whisking constantly.
6. Return the mixture to the pan and cook over a gentle heat while stirring all the time.
7. When the mixture is thick enough to coat the back of a wooden spoon remove from the heat. Pour it back into the bowl and allow to cool, then chill it.
8. Whip the cream until it is lightly whipped and fold it into the custard.
9. If you are using an ice cream maker then pour your mixture into it and churn until it is frozen. I have [this ice cream maker](#) and it took about half an hour. If not, pour into a container and freeze until it starts to set at the edges (about 3 hours) then whisk thoroughly. Return it to the freezer for a few more hours until firm.
10. If adding cookie dough then stir it in now. Place in a suitable container and freeze until required. This ice cream is best eaten within 1 week. Serve with a gingerbread cookie.