

Vanilla Ice Cream with egg yolks (custard)



• Batch for ice cream maker of 1.5 ltr/qrt (or more) • Preparation time: 20 mins • Total time: 18 hrs •

Ingredients:

- 100 gr egg yolks, (3.5 oz.; for number of eggs, see notes)
- 360 gr fresh milk, whole (12.7 oz; 360 ml; 1½ cup)
- 190 gr sugar (6.7 oz; 1 cup leveled)
- 550 gr heavy cream, 35-36% fat (19.4 oz; 550 ml; 2⅓ cups)

or (for UK): 400 gr double cream (50% fat) mixed with 150 gr whole milk; then use it like heavy cream

- 2 Tbs. vanilla extract (to be added on step 3)

❶ 1 cup = 235 ml | 1 Tbs. = 15 ml. | 1 tsp. = 5 ml

Instructions

Before starting, make sure that your ice cream maker is ready for churning when needed. This means that if it has a removable freezer bowl, it should be put in the freezer for the whole time indicated by the manufacturer, usually 24 hours.

Step 1 - Prepare the ice cream mixture

Prepare the egg yolks: put the egg yolks in a medium bowl, and whisk them for one minute to break them down.

Prepare the heavy cream: pour the heavy cream into a large bowl and set a fine mesh strainer over it. Set aside.

Warm the milk and sugar: place the milk and all the sugar in a medium saucepan. Warm over medium heat, stirring often with a silicone spatula.

Pour the hot milk in the egg yolks: when all the sugar dissolves and the milk is hot and steamy, remove it from the heat and pour it over the egg yolks with one hand, while whisking them vigorously with the other.

Cook until thickened: give a nice and thorough stir to the mixture and return everything back to the saucepan. Cook over medium-high heat, stirring constantly the bottom with a rubber spatula so that the base doesn't catch.

Remove from the heat when the custard starts to thicken slightly (this is at 80°C / 176 °F, if you have an instant-read thermometer). Pour over the mesh strainer and into the heavy cream. Stir.

Step 2 - Chill the ice cream mixture

Cool it down: prepare an ice bath by putting ice cubes and cold water in a large bowl and carefully nest the bowl with the ice cream mixture in it, taking care that no water slips into it. Leave it to cool down for about 30 minutes, stirring occasionally.

Chill thoroughly: when you churn it with the ice cream maker, the ice cream mixture should be thoroughly cold. To chill it, cover well and refrigerate for 12 hours and up to 3 days.

Step 3 - Churn the ice cream

Check the ice cream mixture if it is thoroughly chilled, before churning: it should feel fridge-cold to the touch (or if you have an instant-read thermometer, it should read 4°C–8°C / 39F–46°F).

Prepare the ice cream maker according to the manufacturer's instructions.

Churn: give the ice cream mixture a nice and thorough stir.

With the machine running, pour the chilled ice cream mixture through the canister and into the ice cream maker.

Leave to churn until almost done. Remember, you have to add the vanilla extract before it becomes too thick.

Add the vanilla: Add the vanilla extract, when the ice cream mixture is no longer liquid and has turned creamy and fluffy. Leave to churn for 8-10 minutes more, until the vanilla extract has been fully incorporated.

💡 Troubleshooting: if the ice cream becomes too thick and the ice cream maker stops churning before the vanilla extract has been incorporated, stop the machine, remove the lid and give a good stir to the ice cream with a spoon, to help the vanilla extract mix in.

💡 How to know when the ice cream is ready: this ice cream will expand and fluff up during churning. It is ready when it looks smooth and fluffy. This could take anywhere from 30-60 minutes, depending your ice cream maker. To evaluate if it's ready, lift a spoonful; it should be thick enough to stand on the spoon, but still be soft like soft-serve ice cream. If, upon lifting some ice cream with the spoon, a pool immediately starts forming on its edges, you will have to churn it for longer. In any case, if you feel doubts about the consistency, leave it for ten minutes more. But beware: at this stage, do not expect it to be like store-bought carton ice cream; for now it should be more like soft-serve ice cream. It will firm up and become like store-bought ice cream only after it sets in the freezer. So, stop the ice cream maker when it is thick and creamy, as described above. If you leave it for much longer, it will start turning grainy.

Step 4 - Put in the freezer to set

Before serving the ice cream or removing it to a container for storage, you have to put it in the freezer to set. Remove the removable freezer bowl (still filled with the vanilla ice cream) from the ice cream machine, cover with a lid and put it in the freezer until set. Setting will take anywhere from 1 to 4 hours, depending your ice cream maker.

After this, you can serve it directly from the removable freezer bowl or transfer it to an airtight container for longer storing.

Storage and serving

Storage: in the freezer for one month, covered well to protect it from absorbing the freezer's smells.

Scooping: this ice cream, like all artisanal ice creams, freezes hard in the long term. To soften it to a perfectly scoopable consistency, put it in the refrigerator for one hour.

Notes:

For best results, use a scale and measure the ingredients directly into the utensils, when you need them. Avoid weighing in one utensil and transferring to another, as this causes a small, but important loss of quantity, especially in liquids. If using cups to measure the ingredients, make sure that you thoroughly scrape the cup every time you empty it.

Egg yolks: it is recommended to weigh the egg yolks, because egg sizes (and their yolks) may vary. If you do not have a scale, use only egg yolks from eggs which are in the range of around 65 - 75 gr; 2.3 - 2.65 oz (whole egg, in its shell). The weight of the eggs is written on their packaging and they may be labelled as "large" or "extra large", depending on the country they are sold.

[More recipes here](#)