

# Vanilla Bean Ice Cream (with no-churn option)

Poetry & Pies

**prep time:** 15-20 minutes

**chill time:** 1 hour

**churn time:** 30 minutes

**total time:** 1 hour, 50 minutes (longer if using no-churn option)

**servings:** about 6 (½ cup servings)



## Ingredients

- 1 cups (250g) granulated sugar\*
- 3 egg yolks, room temperature\*
- 1 cup (240g) whole milk\*
- 1 tablespoon (13g) pure vanilla extract
- 1 tablespoon (13g) [vanilla bean paste](#)
- pinch sea salt
- 2 cups (480g) heavy whipping cream, cold
- ice cream maker, prepped per directions (optional–see no-churn option at the bottom)\*\*

## Instructions

1. Follow your ice cream maker's directions to prepare it for use, which could include placing the bowl in the freezer for up to 24 hours.\*
2. Mix the egg yolks and sugar in a small to medium mixing bowl. Whisk until frothy. Set aside.
3. Heat the whole milk in a medium saucepan over medium heat, stirring frequently, until it begins to steam and small bubbles begin to form along the edge of the pan.
4. Temper the milk into the eggs by very, very slowly streaming the milk into the eggs while whisking the eggs very quickly. Be sure to whisk constantly and quickly as you do this to avoid scrambling the eggs.

5. Once all of the milk has been added to the eggs, scrape the mixture back into the saucepan and cook, stirring constantly with a rubber spatula (be sure to get to the edges and corners), until the mixture has thickened enough for the spatula to leave a trail in the custard for a brief moment as you stir.
6. Remove the custard from heat and stir for about 1 minute to cool it slightly. Pour the custard into the strawberries along with the vanilla and pinch of salt and stir until mixed well.
7. Stir in the whipping cream.\*\* Cover well and refrigerate until cool, about 1 hour or up to overnight.
8. Follow your manufacturer's directions to churn the ice cream. You can either serve right away, or freeze it in an airtight container for 3-4 hours (or overnight). Serving right away will yield a soft-serve texture while freezing will create a classic ice cream texture.

Enjoy!

*Store leftovers in an airtight container. Ice cream should last at least a month, but this can vary depending on your freezer and how well-sealed it is.*

*\*If you would rather a faster, egg-free recipe, you can use sweetened condensed milk and skip the custard steps. For a slow-churned, egg-free ice cream, start at step 7, combining vanillas, one 14 ounce can of sweetened condensed milk, salt, and heavy cream. Churn according to your manufacturer's directions. For a no-churn, egg-free ice cream, combine one 14 ounce can sweetened condensed milk, vanillas, and salt, then follow the steps below for the rest.*

*\*\*If you do not have an ice cream maker, you can follow the directions up to step 7. After making custard, refrigerate until cooled (about 1 hour). When the vanilla bean custard is cooled, place the heavy whipping cream in the bowl of a stand mixer fitted with the whisk attachment (or use a large mixing bowl and a handheld mixer). Beat on medium until frothy then increase speed to high until stiff peaks just begin to form (the mixture will turn matte in appearance—watch carefully and stop your mixer when this just begins to happen). Fold  $\frac{1}{3}$  of the whipped cream into the custard until fully combined, then continue with the next  $\frac{1}{3}$  of the whipped cream, followed by the final  $\frac{1}{3}$  until all whipped cream is mixed in. Pour into a loaf pan, ice cream container, or other suitably sized, freezer safe container, cover well, and freeze 3-4 hours for a soft-serve consistency or overnight for a classic ice cream texture.*