Homemade Vanilla Custard Ice Cream

LARGE FAMILY BATCH

OVER 1.2L OF ICE CREAM



Ingredients

- **Thickened Cream (35%+ Fat): 900 mL total**
  (300 mL for cooking, 600 mL for whipping)
- **Free-Range Egg Yolks:** 5 large yolks
- **Honey:** 110 g (approx. 5.5 tablespoons)
- **Pure Vanilla Extract:** 1 tablespoon *(add to whipped cream)*
- **Fine Sea Salt:** ⅛ teaspoon

1 Make the Custard Base (Cooked for Safety)



1. In a medium saucepan (off the heat), whisk together the egg yolks, honey and salt until smooth.
2. **Add** 300 mL of thickened cream and whisk until combined.
3. Place the pan over **low heat** and stir **constantly** with a spoon or spatula, scraping the bottom of the pan.
4. **Gradually increase the heat** to low–medium if needed. Keep stirring and cook for 5–7 minutes, or longer if required, until the custard thickens and coats the back of a spoon. *(It may take longer than 7 minutes to thicken.)*
5. Remove from the heat and pour the custard into a bowl.
6. Cover and place in the fridge for 2 hours, or in the freezer for 30–60 minutes, to cool completely. Stir regularly as it cools to prevent crystallisation.

2 Whip the Cream



1. Pour 600 mL of ice-cold **thickened** cream into a large bowl.
2. Add 1 tablespoon of **pure vanilla extract**.
3. Whip with a hand mixer until stiff peaks form.

3 Combine



1. Ensure the **custard is completely cool** (cold from the fridge or freezer).
2. Add the cooled custard to the whipped cream.
3. Mix with a spoon until the custard and cream are fully combined and smooth. You can mix at a normal pace – it doesn't need to be slow.
4. **Do not use an electric beater** for this step, as it can overmix the mixture and affect the light, creamy texture.

4 Freeze & Serve



1. Pour the mixture into two airtight glass containers.
2. Ensure the containers are sealed with airtight lids to prevent ice crystals forming on the top.
3. Place in the freezer to freeze until firm.
4. Serve on its own or with fresh berries.