

THIS WEEK'S RECIPE

As seen on hdnews.net



Frozen Custard Ice Cream

(This recipe makes 1 1/2 to 2 quarts)

- 6 eggs
- 2 cups milk
- 3/4 cup sugar
- 1/4 teaspoon salt
- 2 cups whipping cream
- 1 tablespoon vanilla
- crushed ice (if required by manufacturer for your ice cream freezer)
- rock salt (if required by manufacturer for your ice cream freezer)



1. In medium saucepan, beat together eggs, milk, sugar and salt. Cook over low heat, stirring constantly, until mixture is thick enough to coat a metal spoon

with a thin film and reaches at least 160 degrees F.

2. Cool quickly by setting pan in ice or cold water and stirring for a few minutes.
3. Cover and refrigerate until thoroughly chilled, at least one hour.
4. When ready to freeze, pour chilled custard, whipping cream and vanilla into 1-gallon ice cream freezer can. Freeze according to manufacturer's directions using six parts ice to one part rock salt. Transfer to freezer containers and freeze until firm.



VARIATIONS

- **Banana Nut:** Reduce vanilla to 1 1/2 teaspoons. Cook and cool as above. Stir three large ripe bananas, mashed and 1/2 cup chopped toasted pecans into custard mixture. Freeze as above.
- **Cherry:** Reduce vanilla to 1 teaspoon. Add 2 tablespoons almond extract. Cook and cool as above. Partially freeze. Add 2 pounds pitted pureed dark sweet fresh cherries OR one can (16 to 17 oz.) pitted dark sweet cherries, drained and chopped. Complete freezing.
- **Chocolate:** Add three squares (1 oz. each) unsweetened chocolate to egg mixture. Cook, cool and freeze as above.
- **Plum:** Reduce vanilla to 1 teaspoon. Cook and cool as above. Partially freeze. Add 1 1/2 pounds pitted, pureed, ripe, fresh plums. Complete freezing.
- **Strawberry:** Omit vanilla. Cook and cool as above. Partially freeze. Add 2 cups sweetened, crushed fresh strawberries. Complete freezing.

Nutrition Facts

Serving Size (252g)		Servings Per Container 6	
Amount Per Serving		Calories from Fat 260	
Calories 430	% Daily Value*		
Total Fat 28g	44%		
Saturated Fat 17g	84%		
Cholesterol 95mg	32%		
Sodium 280mg	12%		
Total Carbohydrate 32g	11%		
Dietary Fiber 0g	0%		
Sugars 30g			
Protein 12g			
Vitamin A 25%	•	Vitamin C 2%	
Calcium 15%	•	Iron 8%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories: 2,000	2,500	
Total Fat	Less than 65g	80g	
Saturated Fat	Less than 20g	25g	
Cholesterol	Less than 300mg	300mg	
Sodium	Less than 2,400mg	2,400mg	
Total Carbohydrate	300g	375g	
Dietary Fiber	25g	30g	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Location of Ingredients

(at Vine Street Dillon's)

ITEM	AISLE
Eggs	Dairy
Milk	Dairy
Sugar	11
Salt	11
Whipping Cream	Dairy
Vanilla	11
Crushed Ice	Lobby
Rock Salt	14



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