

Custard-Style Ice Cream Using a Vitamix (by Michele's Kitchen)

Ingredients:

<i>Item</i>	<i>Qty</i>	<i>Weight in grams</i>
Egg yolk	4 ea (70ml)	64
Evaporated milk, divided	1½ cup (375ml)	252+126
Corn syrup, light	12 tsp (70ml)	91
Sugar, white granulated	20 tsp (60 ml)	83
Salt, table	pinch	0.4
Cream, heavy*	1/2 cup	119
Strawberries, frozen**	12 oz	336
Vanilla, pure extract***	1 tsp	4.2

* Instead of ½ c milk, ½ c cream: use 1 c cream for creamier ice cream; or use 1 c skim milk for low-fat (but icier) ice cream.

** You can use any combination of individually quick frozen (IQF) fruit and/or frozen banana chunks.

*** Do not use imitation vanilla; it does not do well in the freezer

Making the custard

1. Line the bottom of a rimmed metal baking dish (larger is better) with waxed paper or parchment paper. Make sure you have a slightly larger dish that you can nest it in to create an ice bath.
2. Allow egg yolks to reach room temperature.
3. Heat 1 cup evaporated milk just to boiling (refrigerate the rest). If using a microwave, be careful not to allow the milk to boil over, as it makes a colossal mess. Milk should be just above 200 degrees F.
4. While milk is heating, put corn syrup and sugar and egg yolk and salt into Vitamix and blend until rather light and frothy.
5. With the blender running, drizzle the evaporated milk in *very* slowly. Continue to blend until mixture reaches 180 degrees on an instant-read (or probe style) thermometer.
6. Create ice bath for prepared metal baking dish (using crushed ice and water). Pour ice cream mixture into prepared metal baking dish. Move to the freezer for a minimum of 4 hours or overnight.
7. Remove custard from metal dish, cutting into cubes. If desired, place cubes in another freezer-friendly container. While working, it is best to place both containers on ice packs. You can store custard cubes in freezer, covered and/or well wrapped for up to 2 days.

Making the ice cream (done by splitting into two batches):

8. Allow custard cubes to soften slightly, if necessary.
9. Put ¼ cup each evaporated milk and cream into Vitamix with ½ tsp vanilla and 8 oz frozen fruit. As usual, start on low, switch to high, and use the tamper liberally until well combined. Put in half the custard cubes then start on low, switch to high, and use the tamper liberally until well combined.
10. Transfer most of the ice cream to chilled freezer-friendly bowl (for soft-serve ice cream, just grab an ice cream scoop and start serving) then repeat step 9 with remaining ingredients.
11. Transfer to chilled freezer-friendly bowl with a lid. Pull out of the freezer every 30 minutes and mix it with a hand-held mixer on low for 5 minutes.
12. When the mixture gets down to 21 degrees F, cover the surface of the ice cream with plastic wrap, replace the lid, and freeze for 2 hours or up to 2 days.

Nutrition information per 50g of finished ice cream:

	<i>Step 8 as is</i>	<i>Cream only</i>
<i>Calories</i>	85.2	97.0
<i>Fat</i>	4.2	5.8
<i>SatFat</i>	2.4	3.4
<i>Cholest</i>	44.9	51.1
<i>Sodium</i>	32.3	28.4
<i>Carb</i>	10.6	10.2
<i>Fiber</i>	0.3	0.3
<i>Sugar</i>	7.5	7.0
<i>Protein</i>	1.8	1.6