



The Scoop on Homemade Ice Cream

Homemade ice cream is a delightful treat for any occasion. Many recipes for homemade ice cream contain raw eggs which are not cooked thoroughly. Raw eggs can be contaminated with *Salmonella enteritidis* bacteria, which cause the disease salmonellosis. Consumers should avoid eating raw eggs and foods containing raw eggs.



Raw eggs can be pasteurized, a heating step which kills *Salmonella* bacteria. To pasteurize the eggs in a recipe, combine at least 2 tablespoons of the liquid in the recipe for each beaten egg or egg yolk. Then, cook this mixture over low to medium heat, stirring constantly. It is done when the mixture is thick enough to coat a spoon. Be careful not to get the mixture too hot, or it might curdle. If it looks like it is going to curdle remove it from the heat and stir vigorously. Then return to the heat and continue cooking.

To avoid having to pasteurize eggs, here are three basic recipes for homemade ice cream that do not contain raw eggs, plus a low-fat sherbert alternative. Each recipe makes about one gallon of ice cream.



Recipe 1:

1 3/4 qts.	pasteurized light cream
1/2 pt.	evaporated milk
1 1/2 c.	sugar
1 Tbsp.	gelatin dissolved in 1/2 c. hot water
1 Tbsp.	vanilla extract
a pinch	salt



Recipe 2:

1 1/2 qts.	pasteurized heavy cream
1 1/2 pt.	pasteurized whole milk
1	15-oz. can sweetened condensed milk
1 c.	sugar
1 Tbsp.	gelatin dissolved in 1/2 c. hot water
1 Tbsp.	vanilla extract



Recipe 3:

3 c. pasteurized heavy cream
4 c. pasteurized whole milk
1 ½ c. instant nonfat dry milk
1 ½ c. sugar
1 Tbsp. gelatin dissolved in ½ c. hot water
1 Tbsp. vanilla extract



Recipe 4:

3 c. water
2 c. sugar
1/4 tsp. salt
2 ½ c. pasteurized milk

Partially freeze sherbert mix and add:

3 to 4 c. fruit juice
2 to 3 Tbsp. lemon juice (to taste)

The mix may curdle if the acidic ingredients are added prior to freezing.

These flavorings are tasty additions to the recipes above and are each appropriate for one gallon of ice cream:

- Vanilla - 1 to 2 tbsp. of natural or imitation extract
- Chocolate - 1 c. chocolate syrup (reduce sugar in mix by about 25%)
- Strawberry - 1 lb. Fresh or frozen berries, crushed or sliced
- Other fruits - 1 lb. fresh peaches, pineapple, apricots, blueberries or other fruits or 3 to 4 c. of canned fruit
- Nuts - 1/4 to 1/3 lb. of pecans or walnuts (2-3 c. chopped)
- Almonds - ½ lb. almonds and 1/4 tsp. almond extract
- Maple - 3 c. maple syrup and eliminate sugar in mix, or add 2 Tbsp. imitation maple flavoring
- Banana - mash 8 bananas and add to mix with 3 Tbsp. of lemon juice
- Chocolate Chip Mint - 2 c. chocolate chips or bits and ½ c. crushed peppermint candy
- Peanut Butter - 1 ½ c. peanut butter



Method of Preparation for Home Ice Cream Freezers

First, gather ingredients. Next, pour liquid ingredients into a large mixing bowl. Add dry sugar to the liquid mix while stirring constantly until completely dissolved. Have the mix as cold as possible prior to freezing to produce quality ice cream with fewer large ice crystals.

Next, follow the manufacturer's directions with your ice cream freezer or use the following: fill the mixer can about one half full, put the dasher in, and screw on the cover. Ice and rock salt are essential, unless you put a tray of mix in your home freezer instead of using an ice cream freezer. Use one part rock salt for every four parts crushed ice. Start off with ice at the bottom of a tub and alternate layers of rock salt and ice after placing the can in the tub. Make sure the mix and the container are cold. Plug in the electric freezer and start churning! Turn off the freezer when rotation is too difficult, and make sure the overflow hole is open. (For hand crank freezers, turn slowly at first and then rapidly for as long as possible.) Next, remove the cover of the container and dasher, and then replace the cover and plug hole for shaft of dasher. Pack the tub with ice and salt and freeze mixture for about one hour, checking ice levels every 15 minutes. Be careful not to get any rock salt or salt water into the ice cream container. The mixture should freeze in 20-30 minutes.

Once your ice cream is frozen, put it in a resealable container. Serve ice cream within a few hours of freezing for best results. If held for more than a few hours, keep the ice cream at temperatures below 0°F. This can be difficult with home combination refrigerator-freezers, as they are rarely cold enough to freeze ice cream properly.

Sources:

"Making Ice Cream At Home," The Pennsylvania State University Cooperative Extension Service.

"Pasteurization," in All About Eggs From A to Z. Accessed March 11, 2004 from <http://www.georgiaeggs.org/pages/pasteurization.html>

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