

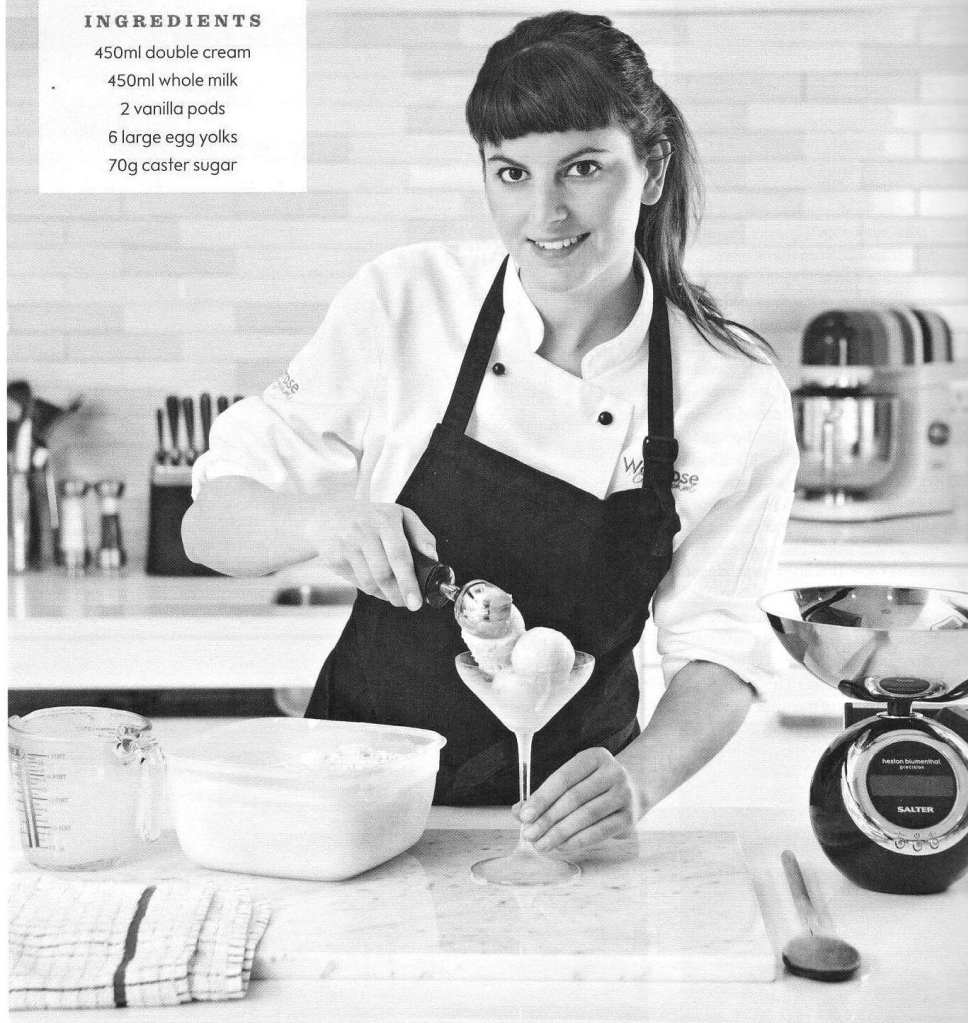
Waitrose Cookery School PART 4

How to make ice cream

Making ice cream without a machine is a doddle with Eleni Tziriki's simple guide

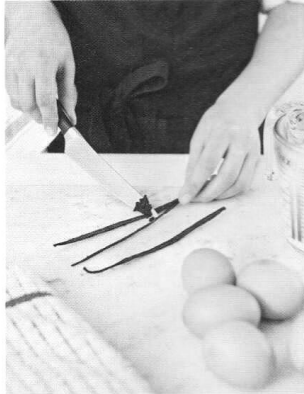
INGREDIENTS

450ml double cream
450ml whole milk
2 vanilla pods
6 large egg yolks
70g caster sugar

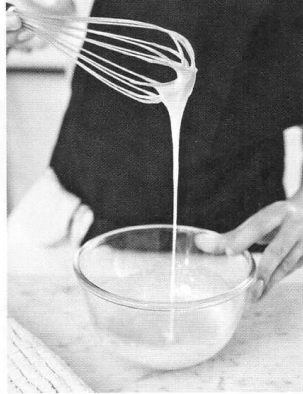


PHOTOGRAPH BY MATT JAHNKE

YES YOU CAN!



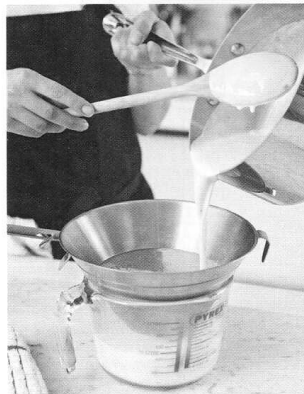
STEP 1 Put the cream and milk in a pan. Split the vanilla pods lengthways; scrape out the seeds. Add the seeds and pods to the pan; heat until just before boiling point (when bubbles form at the edge). Take off the heat and leave to infuse for 1 hour.



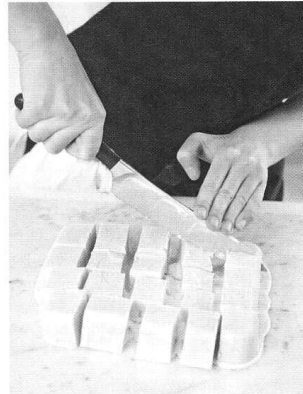
STEP 2 Remove the vanilla pods from the mixture and discard. Reheat the cream until just before boiling point. Meanwhile, in a separate bowl, beat together the egg yolks and caster sugar with a hand whisk until thick.



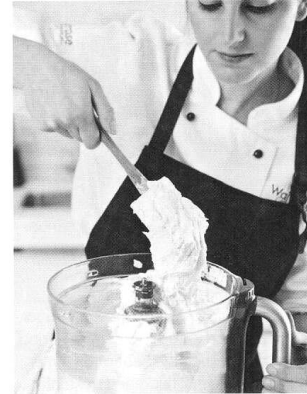
STEP 3 Pour the hot cream over the yolks, whisking to combine. Return to the rinsed-out pan over a medium-low heat. Stir constantly with a wooden spoon; after 5 minutes the custard will thicken; it should leave a clean trail on the back of the spoon.



STEP 4 Quickly sieve the custard, then pour into a freezer-proof container. Cover the surface with clingfilm to prevent a skin forming; leave to cool. Once cool, remove the clingfilm, cover the container and freeze for at least 4 hours until firm.



STEP 5 Remove from the freezer and, if very hard, allow to soften for 10 minutes. Cut up with a knife and whizz until smooth in a food processor - this breaks up the ice crystals. Return to the container and freeze for 2-4 hours or overnight.



STEP 6 Repeat this process twice more for a really smooth, aerated texture. Before serving, allow the ice cream to stand for 10 minutes. Dip a scoop in hot water to serve and eat with fresh berries or hot chocolate sauce, if liked.

Need to know To prepare the recipe with an ice-cream maker, at stage 4, when the custard is cool, tip into the machine and churn until almost set.

