

How to make your own Delicious Ice-Cream!

Method 1: 2 Ingredient Way

You will need:

- 2 cups of heavy cream, chilled.
- 1 can of sweetened condensed milk, chilled (14 ounce)
- ½ teaspoon of vanilla extract

Method:

1. In a bowl, whip the cream until stiff peaks form. Use an electric mixer if possible.
2. Mix in the condensed milk slowly, vanilla extract and any other flavourings you would like to include such as chocolate chips, strawberries, caramel bits etc.
3. Pour into a container.
4. Cover the surface of the container with plastic wrap/cling film and then seal with a lid.
5. Place in the freezer for at least 6 hours, or until firm.
6. Once ready, sprinkle with your favourite toppings, taste and enjoy!
7. Keep stored in the freezer.



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Method 2: Freeze and Stir Way

You will need:

- 1 ¼ cups of whole milk, chilled
- ¾ cup of granulated sugar
- 2 cups of heavy cream, chilled
- 1 tablespoon of vanilla extract
- ¼ teaspoon of salt

Method:

1. Place all the ingredients in a deep stainless steel baking dish and freeze for 45 minutes. As it begins to freeze near the edges, remove it from the freezer and stir vigorously with a spatula.
2. Return to the freezer.
3. Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have a hand held mixer or blender, use one of those.
4. Repeat the process for 2 to 3 hours, or until frozen.
5. Once ready, sprinkle with your favourite toppings, taste and enjoy!
6. Keep stored in the freezer.

