

-PROPER- *Foodie*

Cooking | Styling | Eating | Blogging

Homemade no churn ice cream: 3 ways

3 Creamy, delicious homemade ice creams: Vanilla, Rum & Raisin, and Cardamom and Black Treacle. The vanilla goes amazing well with the sticky apple treacle tart.

Ingredients:

For the ice cream base:

450ml double cream
150ml (half a can) of condensed sweetened milk
2 tsp vanilla extract.

For vanilla add:

Seeds of 1 vanilla pod or 1 tsp of vanilla bean paste

For Rum and Raisin add:

125g of raisins
5 tbsp dark rum
1 tsp cinnamon powder

For the Cardamom and Black Treacle add:

5 cardamom pods shelled and seeds crushed
2 dessert spoons of black treacle (plus extra to drizzle on top if desired)

The ice cream base makes 800ml of ice cream, which serves around 8 people

Method:

For the ice cream base:

Place the cream, condensed milk and vanilla extract into the bowl of a mixing machine and use the whisk tool to thicken. Whisk on high for around 3-5 minutes (longer if whisking by hand). Keep a close eye on the whisking process as over whipping the mixture will cause it to split. As soon as the mixture starts to thicken, reduce the speed and stop as soon as soft peaks begin to form (cream is thick but just about pour-able).

For Vanilla ice cream:

Remove the vanilla seeds from the pod: slice the pod in half down its length and then use the back of a knife to scrape down the inside of the pod and release the seeds. Add the seeds (or vanilla bean paste) at the start along with the vanilla extract, before whipping.

For the Rum and Raisin ice cream:

Place the raisins in a bowl and pour over the rum. Cover with cling film and place in the fridge to soak for at least 30 minutes. Once the cream and milk has been whipped; add the cinnamon and soaked raisins (pour in all the rum) then fold in gently.

For the Cardamom and Black Treacle ice cream:

Crush the cardamom pods by placing the flat of a knife over them and pushing down with your hand. This should split the pod and release the seeds inside. Discard the outer pod and gather together the seeds. Crush the seeds into course powder using a knife or pestle and mortar. Once the cream and milk have been whisked add the powdered cardamom seeds and 2 dessert spoons of treacle. Fold in gently. You may wish to add the treacle gradually to prevent it from clumping in one place.

Freezing:

Once the ice cream is made transfer into a freezable container (I used metal loaf tins) and seal with a lid or double wrap with cling film. Freeze for at least 4 hours before scooping.

