



South African Recipes

"cooking with confidence"

Ice cream

By: Anton Mac Donald

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Ingredients

- 1 lt Milk
- 12 Egg yolks
- 1½ cups sugar

Method

- Bring the milk just to the boil and remove from heat.
- Allow to cool for 30 minutes.
- Meanwhile mix the sugar and the egg yolks.
- Pour the milk into the egg whisking all the time.
- Warm slowly to 77 °c Thick enough to cover back of a spoon.
- Add the desired flavour to taste.
- Transfer to a frozen stainless steel bowl and chill for 30 minutes in refrigerator.
- After 30 minutes whisk with electric beater and place in freezer for 30 minutes. Repeat this step until ice cream is thick will be about a to 5 times.
- Cover and freeze overnight.