

Salt and Serenity.

Vanilla Bean Ice Cream

This recipe is from the Cuisinart Ice Cream maker recipe book.

1 ½ cups whole milk

1 1/8 cups granulated sugar

3 cups heavy (35%) cream

Pinch of salt

1 vanilla bean, split and seeds scraped out **OR** 1 ½ Tablespoons pure vanilla extract

1. In a medium mixing bowl, use a hand mixer on low speed to combine the milk and granulated sugar, until the sugar is dissolved, about 1 – 2 minutes.
2. Stir in the heavy cream, salt and vanilla seeds or extract.
3. Turn ice cream machine on and pour mixture into freezer bowl, and let mix until thickened, about 20 – 25 minutes. The ice cream will have a soft creamy texture. If a firmer consistency is desired, transfer the ice cream to an airtight container and place in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.