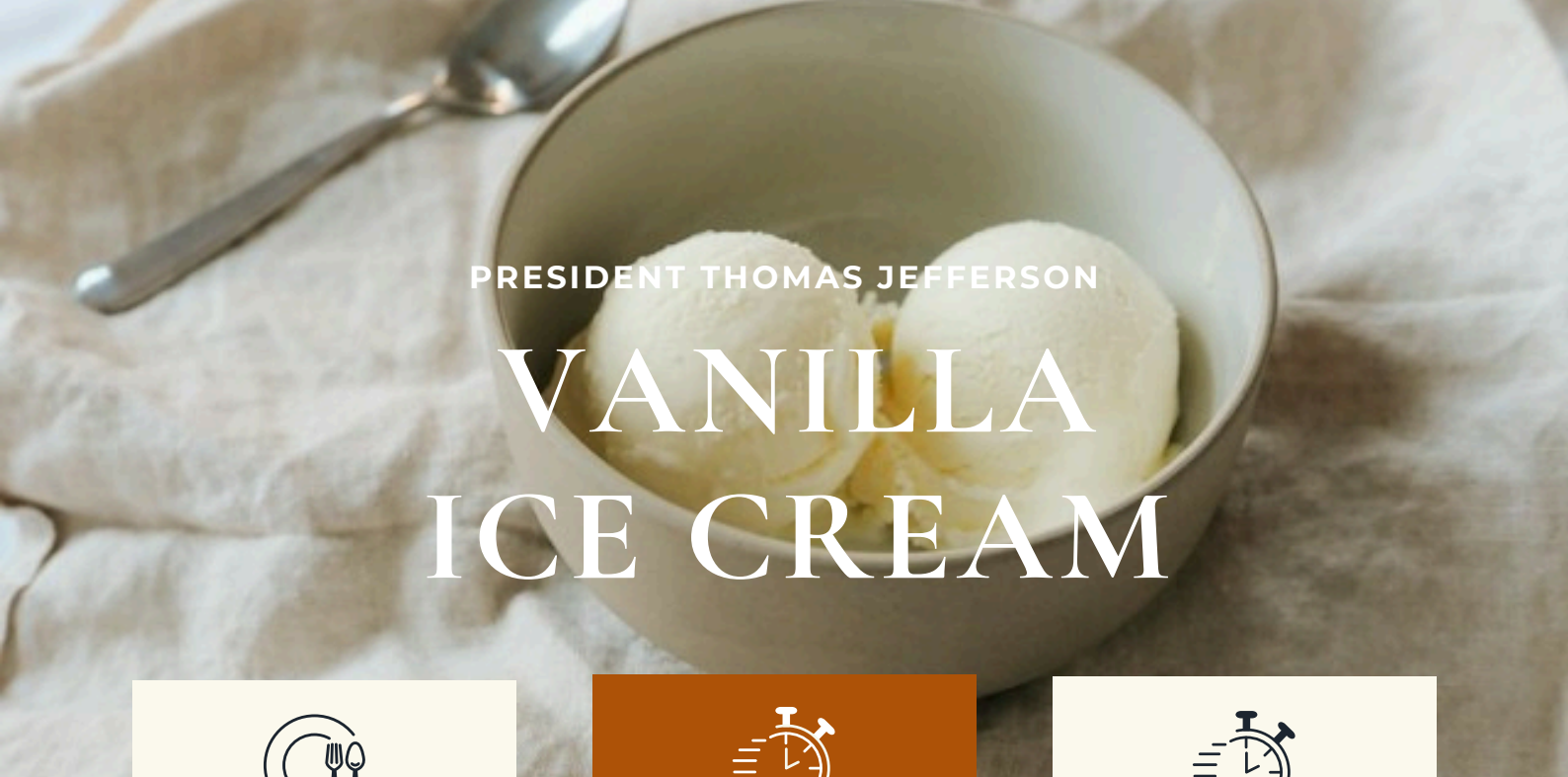




PRESIDENT THOMAS JEFFERSON

VANILLA ICE CREAM



6 SERVINGS



10 MIN
PREP TIME



8-10 HOUR
COOK TIME

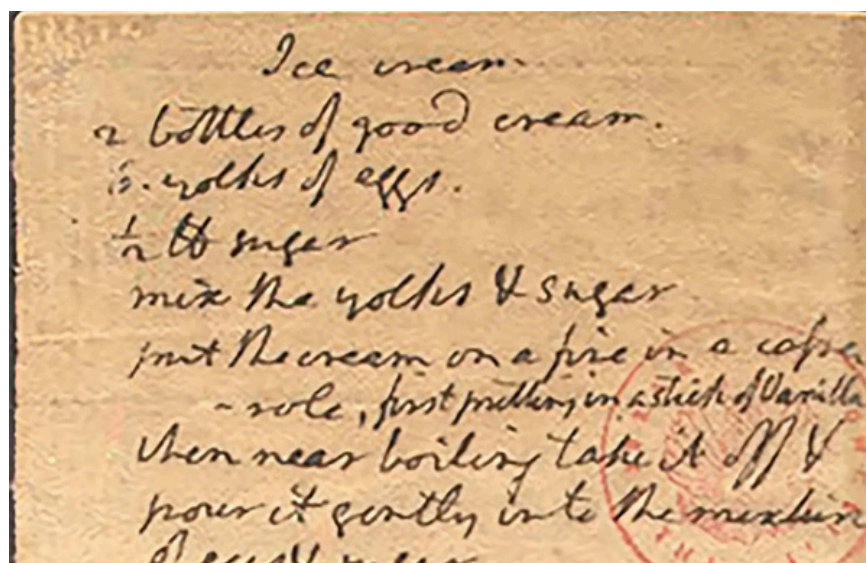
INGREDIENTS

- 2 pints of good (table) cream
- 6 yolks of eggs
- ½ pound sugar

INSTRUCTIONS

1. Beat the yolks of 6 eggs until thick and lemon colored.
2. Add, gradually, 1 cup of sugar and a pinch of salt.
3. Bring to a boil 1 quart of heavy cream and pour slowly on the egg mixture.
4. Put in the top of a double boiler and when it thickens, remove and strain through a fine sieve into a bowl.
5. When cool add 2 teaspoons of vanilla. Freeze, as usual, with one part of salt to three parts of ice.
6. Place in a mold, pack in ice and salt for several hours. For electric ice cream makers, follow usual directions, but stir frequently.

VANILLA ICE CREAM



NUTRITION PER SERVING (6 SERVINGS)

Calories 740 • Total Fat 62g • Saturated Fat 38g • Sodium 50mg •
Total Carbohydrates 43g • Dietary Fiber 0g • Added Sugars 38g •
Protein 7g

DIETITIAN'S NOTE

This recipe's simple ingredients yield an ice cream high in calories, fat, and added sugar. Consider serving smaller portions and adding such fresh toppings as berries, sliced bananas, nuts, or cinnamon.

Adapted from: Monticello.org.