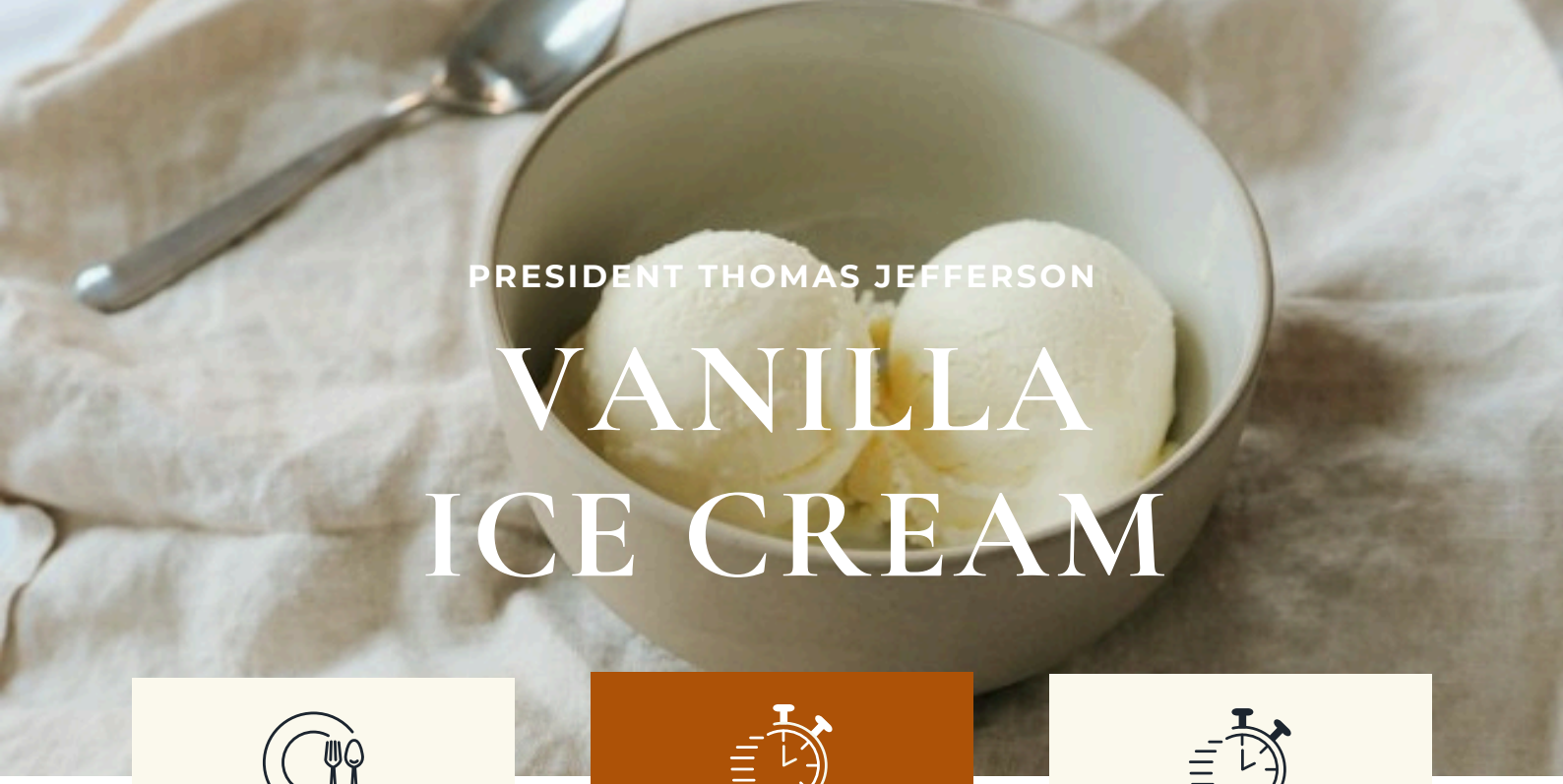


PRESIDENT THOMAS JEFFERSON

# VANILLA ICE CREAM

5
SERVINGS

10 MIN
PREP TIME

5 HR, 10 MIN
FREEZING TIME

## INGREDIENTS

- 2 extra large eggs
- 4 extra large egg yolks
- ½ cup sugar + 2 tablespoons sugar
- ¼ teaspoon salt
- 1 vanilla bean (see Note)
- 1 cup heavy cream
- 1 teaspoon vanilla extract

Note: You can replace the vanilla bean with an extra teaspoon of vanilla extract.

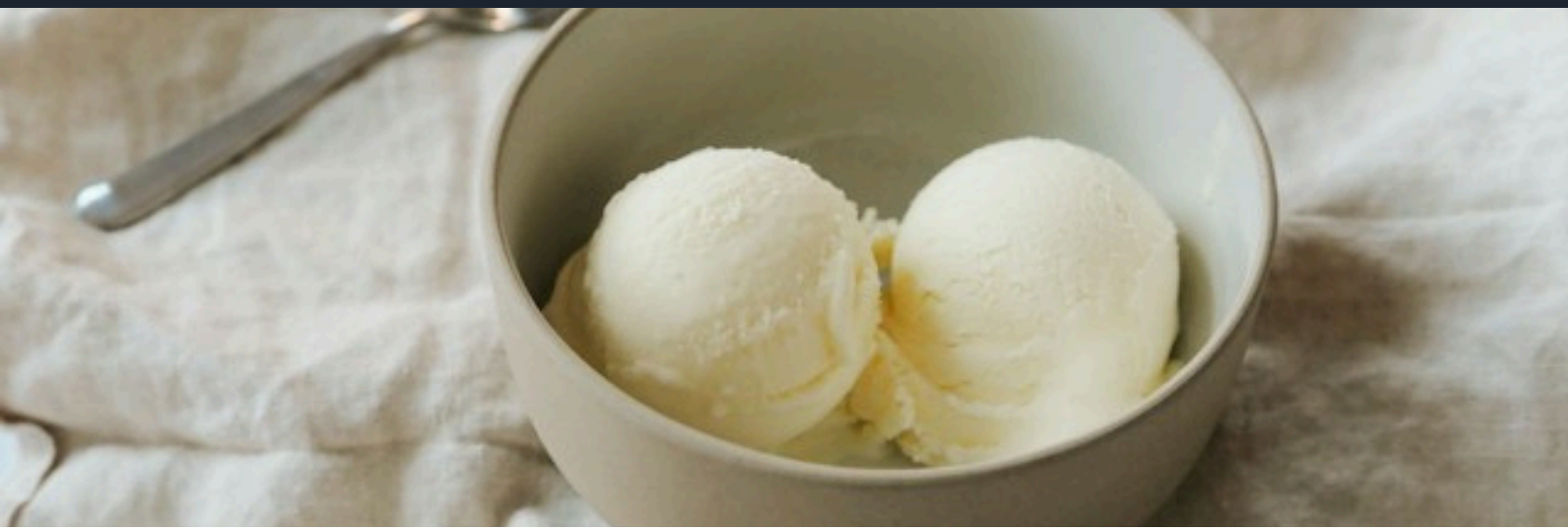
***Editor's note:***
*This modern recipe substitutes for Jefferson's original, complicated recipe using an 18th-century sabotierre.*

## INSTRUCTIONS

1. Set up a double boiler (a heat-proof bowl set over a pot with an inch of simmering water). Then prepare an ice bath that the bowl can be set into later. Place the eggs, egg yolks, ½ cup sugar, and salt in the bowl. Split the vanilla bean down the middle and scrape out the seeds, then add the seeds and scraped vanilla bean to the bowl . Cook for about 10 minutes, whisking frequently so the egg doesn't scramble*, until the mixture reaches 160°F on an instant-read thermometer. Immediately move the bowl with custard into the ice bath to cool and remove the vanilla bean.

* If you accidentally scramble some of the eggs, strain the custard through a fine mesh sieve after it's reached 160°F. Beat air back into the custard with a hand mixer.

# VANILLA ICE CREAM



## INSTRUCTIONS (CONTINUED)

2. In a medium bowl using a mixer, whip the heavy cream until a little frothy. Add in the 2 tablespoons sugar and 1 teaspoon vanilla extract, and whip to soft peaks.

3. Remove the egg custard from the ice bath and add ⅓ of the whipped cream to it to lighten. Fold in the rest of the cream and pour into a container. Place plastic wrap directly on the surface of the custard so a skin doesn't form. Freeze immediately for 4-6 hours, depending on your freezer.

## NUTRITION PER SERVING (5 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. You can replace the vanilla bean with an extra teaspoon of vanilla extract.

Adapted from: Fifteen Spatulas