

ZIPLOC ICE CREAM

Cookery Principle: Frozen dessert, milk preparation

Ingredients:

1 L crushed ice cubes (2 trays)

90 ml coarse salt

125 ml coffee cream

125 ml whipping cream

60 ml sugar

5 ml vanilla

100 ml fruit

Equipment:

Small measures

Metal spatula

Liquid measure

Dry measures

Cutting board

Rolling pin/meat tenderizer

Plastic grocery bag

3 L Ziploc bag

1 L Ziploc bag

Method:

1. Place ice in a plastic grocery bag and crush with rolling pin.
2. Place crushed ice and salt in the large Ziploc bag.
3. Place the cream, sugar, vanilla, and fruit in the smaller Ziploc bag and seal. Squeeze gently to combine ingredients evenly.
4. Place the small bag inside the large bag, seal, and massage for about 5-10 minutes (wear oven mitts to prevent cold hands).
5. Enjoy instant frozen ice cream!

Troubleshooting:

1. Ice crystals in my ice cream:
 - a. Overchurning.
 - b. Your ice cream didn't freeze fast enough.
 - c. Air was at the top of the mixture while it was freezing.
2. My ice cream isn't freezing while I'm churning it:
 - a. Relax. Once it's thickened after 5-10 minutes, put it in a new container and put it in the freezer to harden. You could end up overchurning (see #1).
 - b. You don't have enough ice surrounding the ice cream and it isn't getting cold enough.