

Homemade Ice Cream--A Favorite Treat!

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Have you ever shaken or rolled a can — or cranked an ice cream maker — to make homemade ice cream? Many of us have fond memories of the cool sweet pleasures of homemade ice cream...both the making AND the eating.

If your family is a fan of this cool, sweet treat, here are some tips from K-State's "Dining On A Dime" newsletter to help make your homemade ice cream the best!

Continuous Shaking, Rolling or Churning

Shaking or rolling the can while the ice cream mixture

freezes, or churning it in an electric or manual ice cream maker, is important because it adds air into the mixture. This makes the ice cream smooth and increases its final volume. Once you start shaking, rolling or churning, don't stop! If you did stop for a long break, large ice crystals would form in the coldest part of the mixture. This would produce a grainy texture in parts of the ice cream, but the center may not freeze at all. Shaking, rolling or churning also distributes the flavorings and brings the unfrozen portions of the mixture to the surface.

Using Salt & Ice

To help an ice cream mixture freeze, the container holding the mixture is surrounded with ice and salt. If you use too much salt, the ice cream mixture freezes too quickly and is not smooth. If you use too little salt, the ice cream might not freeze at all. Unless the ice cream recipe says otherwise, use 1/2 cup salt to 4 cups crushed ice. Table salt may be substituted for coarse rock salt when using the can method. If using an ice cream maker, coarse rock salt works better.

Homemade Ice Cream Food Safety

If you choose an ice cream recipe that calls for eggs or egg yolks, take special care to avoid Salmonella bacteria that can cause foodborne illness. How? Heat the egg mixture to a temperature of at least 160 degrees Fahrenheit (but do not boil it), using a food thermometer. Heat destroys these harmful bacteria and will make the ice cream safe to eat. Freezing does not destroy the bacteria that are present in a raw egg.

Another safe choice is to use pasteurized eggs in an ice cream recipe that calls for raw eggs. Commercial pasteurization destroys Salmonella bacteria, but does not cook the eggs or affect their color, flavor, nutritional value or other properties. Look in the egg section or in the frozen food section of the grocery store for either liquid or whole pasteurized eggs. Ice cream recipes that use no eggs are also safe and delicious choices when making homemade ice cream.

Homemade Ice Cream Storage

Homemade ice cream does not store as well as store-bought ice cream. For best quality, transfer any leftover homemade ice cream into a plastic container with an airtight lid. Store it in the freezer for no more than one week. If the texture of the stored ice cream is too grainy, let the ice cream soften, then beat it before serving. This will smooth the texture.

For more information about this topic or other topics, contact the Wildcat Extension District offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at facebook.com/wildcat.extension.district.

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Ice Cream in a Bag

Shake it up and dish it out!

Serves: 1

Ingredients:

1 tablespoon sugar

1/4 teaspoon vanilla extract

1 to 2 tablespoons soft fruit (such as ripe bananas, strawberries, blueberries or peaches)

1/2 cup whole milk

Additional Ingredients:

1/2 cup rock salt

ice cubes

Directions:

Remember to wash your hands!

1. Open a pint zip-type bag, add sugar, vanilla and soft fruit. Seal bag tightly and mix well by squeezing with fingers.

2. Open bag and add milk. Squeeze out extra air, zip tightly and mix well.

3. Open a gallon zip-type bag, add rock salt and fill halfway with ice cubes.

4. Put pint bag inside gallon bag, seal well and shake bag for 5 to 10 minutes or until liquid has changed to ice cream.



Helpful Hints:

-Make sure the bags are tightly closed before mixing or you'll have a mess!

-It takes lots of shaking and turning before the liquid turns to ice cream. Hands get really cold holding the bag, so either wrap it in a towel or use oven mitts to hold the bag while shaking.

-Be careful when removing the small bag of ice cream from the larger bag. Rinse it off and be careful you don't get any rock salt in the ice cream.

Nutrition Facts: per bag

130 Calories, 4 g fat, 2.5g saturated fat, 0g trans fat, 20g carbohydrates, 4g protein, 10mg cholesterol, 55mg sodium and 0g dietary fiber. Daily Values: 4% vitamin A, 2% vitamin C, 10% calcium, 0% iron.

Source: Kansas State Research and Extension Family Nutrition Program, Kids A Cookin'

<http://www.kidsacookin.ksu.edu>,