



IMPECCABLE ICE CREAM



Have a go at making ice cream without any machines, just as it was done in the past.

Warning: This experiment contains use of cream and milk.

WHAT YOU'LL NEED

- 1 tablespoon of sugar
- 120ml of milk
- 120ml of double cream
- 7 tablespoons of salt
(big crystals work best, add 2 more tablespoons if you use table salt instead)
- 1/4 teaspoon of vanilla extract
- 1kg of ice cubes
- 2 re-sealable plastic food bags
- Towel
- Bowl or large jug
- Whisk

- 1** Whisk the milk, double cream, vanilla extract and sugar in a bowl or large jug.
- 2** Pour the mixture into one of the bags, release the air, seal and set aside.
- 3** Put some of the ice and the salt into the second plastic bag.
- 4** Put the first sealed bag (containing the mixture) inside the second bag (containing the ice) and then add more ice and salt into the second bag. The ice cream mixture should be sealed in its bag, to prevent contact with the salt.
- 5** Wrap this bag in a towel and shake until the cream mixture has frozen. This will probably take about 10 minutes. Take turns shaking! Eat it straight away.

DID YOU KNOW?

Ice cream can be made even faster using liquid nitrogen, which is at -196°C . Look online to see the chef Heston Blumenthal and a record-breaking litre of ice cream!

Ice cream making sessions are part of our calendar of food demonstrations at the Farm. Check our website for more information.

