

Helergon Kitchen

Sweet Cream Ice Cream

Simple, silky sweet cream ice cream that feels like a gentle hug in a bowl.

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 pinch salt

Optional Mix-ins

- [ ] 1/2 cup fresh berries
- [ ] 1/3 cup chocolate chips
- [ ] 2 tbsp toasted almond slices

Instructions

1. In a saucepan, combine the cream, milk, sugar, and salt; whisk gently over medium heat until the sugar fully dissolves and the mixture is warm.
2. Remove from heat, stir in the vanilla extract, then let the custard cool to room temperature.
3. Cover the bowl and place it in the freezer. After 30 minutes, stir the mixture vigorously with a spatula to break any forming ice crystals.
4. Repeat the stirring every 30 minutes for about 3-4 hours, until the ice cream is smooth and semi-set.
5. If using mix-ins, fold them in once the ice cream is thick but still pliable, then freeze for another hour to firm up.
6. When ready to serve, let the ice cream sit at room temperature for five minutes, then scoop and enjoy.

Nutrition per serving

310 kcal	4 g	25 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a firmer texture, extend the final freezing time by another hour.
- For a richer flavor, replace half of the milk with additional cream.
- Add a tiny splash of vanilla ice cream mix-in for an extra vanilla kick.