

Helergon Kitchen

Vanilla Custard Ice Cream Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**American** Cuisine

Ingredients

Custard Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 3/4 cup granulated sugar
- [ ] 4 large egg yolks
- [ ] 1 vanilla bean, split and scraped (or 2 tsp pure vanilla extract)
- [ ] 1 pinch sea salt

Optional Mix-Ins

- [ ] 1/2 cup toasted almond slivers
- [ ] 1/4 cup caramel swirls

Instructions

1. In a saucepan, combine the cream, milk, half the sugar, vanilla bean seeds, and the pod; warm over medium heat until small bubbles form around the edge, then remove the pod.
2. In a bowl, whisk the egg yolks with the remaining sugar and a pinch of salt until pale; slowly pour in a cup of the hot cream mixture, whisking constantly to temper the yolks.
3. Return the yolk mixture to the saucepan and cook over low heat, stirring continuously, until the custard coats the back of a spoon—about 5-7 minutes.
4. Strain the custard through a fine-mesh sieve into a clean bowl, cover with plastic wrap touching the surface, and chill in the refrigerator for at least 2 hours.
5. Once cold, churn in your ice cream maker according to the manufacturer’s instructions, or freeze in a shallow pan, stirring every 30 minutes for 2-3 hours.
6. If using mix-ins, fold them in during the last few minutes of churning, then transfer to a container and freeze until firm.

Nutrition per serving

250 kcal	3 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- Make sure the custard never reaches a rolling boil, or the yolks will curdle.
- For extra vanilla aroma, add a splash of vanilla-infused simple syrup after chilling.
- The ice cream can be topped with a drizzle of caramel and a sprinkle of toasted almonds for extra texture.