



# Ice Cream

You will need some parent help for this cooking experience.

## Ingredients:

### Custard

2 cups sugar  
6 Tablespoons flour  
1 teaspoon salt  
5 cups whole milk  
6 eggs

### Remaining Ingredients

4 cups half and half  
3 Tablespoons Vanilla  
20 pounds cracked ice  
2-3 pounds rock salt

## Directions:



The day before you will make your custard



In a heavy 3 quart saucepan with spoon, combine sugar, flour, salt.



In a bowl beat eggs with a whisk or beater. Stir in milk and whisk or beat.



Stir into sugar mixture until smooth. Be sure to get the bottom edges of the pan.



Cook over low heat, stirring constantly, until mixture thickens and coats a metal spoon, about 30-45 minutes. Be sure custard does NOT boil or it will curdle.



Remove saucepan from heat. Cover the thickened custard with waxed paper and refrigerate overnight.



The next day, pour the half and half, vanilla and the custard mix into your ice cream freezer can.



Place the dasher in the ice cream freezer can and put on lid. Place can in the bucket. Attach motor or hand crank to the freezer can.



Fill the bucket half full with ice; sprinkle with a  $\frac{1}{4}$  cup of rock salt. Add an inch of ice and  $\frac{1}{4}$  of rock salt; repeat until 1 inch from lid.



Turn on your electric freezer or start cranking. Freezing will take about 35-45 minutes. Continue to add ice and salt as needed. When the motor stops or it is too hard to turn the crank your ice cream is ready.



Remove motor or hand crank. Wipe can lid and remove; remove dasher. With a spoon, pack-down the soft ice cream.



Cover the opening of the freezer can with waxed paper and then replace the can lid; put a cork or stopper in the hole.



Add more ice and salt to cover can lid. Let stand to harden ice cream, 2-3 hours, adding more ice and salt as needed.

While your ice cream is hardening. You need to get busy and make your hot fudge topping.



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# Hot Fudge

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## Ingredients:

½ cup cocoa

¾ cup sugar

1/3 cup white corn syrup

2/3 evaporated milk

1/3 cup butter cut in cubes  
1 teaspoon vanilla

## Directions:



Combine cocoa and sugar in a pan, stir until blended



Stir in syrup and milk\



Cook over low heat until it boils, stirring constantly\



Continue stirring and boil 1 minute



Remove from heat add butter and vanilla, stir until melted and mixed in.

Wait for your ice cream to harden. You are in for the best sundae ever!

