**Recipes for ice cream**

How to make ice cream without a machine.

Two different recipes below along with flavour ideas.

#### 2 Ingredient Method

2 cups double cream, chilled

1 (14 oz) can sweetened condensed milk, chilled

½ teaspoon vanilla extract

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1. In the bowl of an electric mixer, whip the cream until stiff peaks form. On low speed, mix in the condensed milk, vanilla, and any flavourings
2. Pour into a sealable container, cover the surface with cling film, then seal with container lid. Freeze for at least 6 hours, or until firm. Keep stored in the freezer.

#### Plastic Bag Method (some really cool science in this method!):

1 1/4 cups whole milk, chilled

3/4 cup granulated sugar

2 cups double cream, chilled

1 tablespoon vanilla extract

1/4 teaspoon salt

1. Place the ice cream mixture in a sealable bag, squeezing out as much air as possible and sealing tightly. Place this bag inside another bag, again squeezing out as much air as possible and sealing tightly. Put the bags inside a large size resalable bag and fill with about 4 cups crushed ice then sprinkle with 4 tablespoons coarse salt. The salt lowers the freezing point of the ice and creates an extra cold environment that absorbs heat, causing the ice cream base to freeze.
2. Squeeze out all the air and seal tightly. Wrap the bag in a towel or put gloves on before shaking vigorously and massaging the bag, making sure the ice is surrounding the ice cream mixture constantly. Shake for about 5 to 8 minutes, or until the ice cream is frozen. The more vigorously you shake, the smoother your ice cream will be.

**Ice Cream flavour ideas:**

Note: some mix-ins may increase the amount of time the ice cream needs to freeze before serving.

**Cheesecake** Add 8 oz softened cream cheese to the 2 ingredient method above. Use an electric mixer to beat with the condensed milk and vanilla before folding into the whipped cream as the recipe instructs.

**Mint chip** 1 teaspoon peppermint extract + 1 cup mini chocolate chips + green food colouring

**Peanut Butter/ Nutella / Cookie Butter** 1/2 cup to 1 cup spread

**Cinnamon Roll** 3 tablespoons butter, melted + 1/2 teaspoon cinnamon

**Caramel or Dulce de Leche** 1/2 – 1 cup caramel drizzled over the almost frozen mixture, stir to break up the ribbon a bit. Add a teaspoon of sea salt and/or a few tablespoons of bourbon for a gourmet touch!

#### Chocolate 3/4 cup cocoa powder (sifted) + 4 ounces melted cooled chocolate

#### Rocky Road 1 cup chocolate syrup + 1 cup mini marshmallows + 1 cup toasted almonds swirled into ice cream

#### Cookies & Cream 15 Oreo cookies, coarsely chopped (about 1/2 cup)

#### Blueberry swirl 2 cups fresh blueberries + 3 tablespoons sugar + 2 tablespoons lemon juice cooked in a small saucepan over medium-high heat until burst. Chill before swirling into ice cream.