



ICE CREAM WITH MILK

Ingredients (for 1 Kg-1L of ice cream)

- Milk cream (cream): **240 g**
- Skimmed milk: **530 g**
- Skimmed milk powder: **49 g**
- Sugar: **120 g**
- Locust bean gum: **6 g** (2 level teaspoons)
- Flavour and colour: **vanilla, cocoa...** to taste.

The most important thing when making good ice cream at home is to add **locust bean gum** to prevent the formation of ice crystals and the consequent loss of volume when we keep it in the freezer for a few days, and thus have that creamy texture characteristic of **ice cream**.



Elaboration

Mix the locust bean gum with the sugar and powdered milk. If we are going to make flavoured ice cream, in this step we will mix the cocoa, or the vanilla extract, or the flavour we want.

On the other hand, we heat the milk up to about 40°C (gentle heating). Once it is tempered, we add the mixture of dry ingredients while heating, the addition has to be done little by little stirring constantly with some rods until a temperature of 80°C-85°C. It should remain at this temperature for about 10 minutes. After this time, we let it cool down by covering the pan, first at room temperature and then we take it to the fridge all night.

Put the cream in a cold bowl and pour it in (be careful not to overcook it and make it too hard). Add the semi-moistened cream to the mixture from the previous day, with wrapping movements, in a cold container, and put it in the freezer. If we don't have a freezer we can do it manually, stirring and beating it with some sticks or a fork at regular intervals, while it freezes.

If we have an ice-cream maker we pour it into the ice-cream maker and in about 15 minutes we have a great, creamy ice-cream.



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