

Making Homemade Ice Cream without Using Raw Eggs

*Alice Henneman, MS, RD, Extension Educator
UNL Extension in Lancaster County*

Web: food.unl.edu • E-mail: ahenneman1@unl.edu

Protect yourself from the danger of possible Salmonella infection by avoiding the use of raw eggs in homemade ice cream. Following is a cooked egg-milk recipe, courtesy of the American Egg Board at www.incredibleegg.org



Vanilla Frozen Custard Ice Cream

CUSTARD BASE:

- 6 eggs
- 3/4 cup sugar
- 2 to 3 tablespoons honey
- 1/4 teaspoon salt
- 2 cups milk

ICE CREAM:

- 2 cups whipping cream
- 1 tablespoon vanilla
- Crushed ice
- Rock salt

Directions

1. CUSTARD BASE: BEAT eggs, sugar, honey and salt in medium heavy saucepan until blended; stir in milk. COOK over low heat, stirring constantly, until mixture is just thick enough to coat a metal spoon with a thin film and temperature reaches 160°F, about 15 minutes. Do not allow to boil. REMOVE from heat immediately.
2. COOL quickly: Set pan in larger pan of ice water; stir occasionally and gently for a few minutes to hasten cooling. PRESS piece of plastic wrap onto surface of custard. Refrigerate until thoroughly chilled, at least 1 hour.
3. ICE CREAM: POUR chilled custard, whipping cream and vanilla into 1-gallon ice cream freezer can. FREEZE according to manufacturer's directions, using 6 parts crushed ice to 1 part rock salt. TRANSFER to freezer containers, allowing head space for expansion; freeze until firm.

Additional suggestions

- Serve with cut-up fresh fruit or with your favorite ice cream topping.
- This basic custard can be varied with flavorings and stir-ins of your choice. For stir-ins, use pureed fruit, mini chips and other small pieces.

Nutrition Information per Serving

Good Source: protein, vitamin A, vitamin D and choline

Calories: 257; total fat: 18g; saturated fat: 10g; polyunsaturated fat: 1g; monounsaturated fat: 5g; cholesterol: 164mg; sodium: 116mg; carbohydrates: 19g; dietary fiber: 0g; protein: 5g; vitamin A: 786.6IU; vitamin D: 47.0IU; folate: 15.4mcg; calcium: 87.3mg; iron: .5mg; choline: 76.2mg