

No-churn ice cream

By [Good Food Magazine](#)

SERVES 8

Condensed milk is a magic ingredient when making no-churn ice cream - the end result will be creamy, smooth and not at all icy

Ingredients

½ a 397g can sweetened condensed milk
600ml double cream
1 tsp vanilla extract

Method

Put the condensed milk, cream and vanilla into a large bowl. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream. Scrape into a freezer container or a large loaf tin, cover with cling film and freeze until solid.



Crème fraîche ice cream

By [Sarah Cook Magazine](#)

SERVES 6 - 8

Churn up smooth homemade ice cream with hints of lemon zest and vanilla - great all year round!

200ml milk
175g caster sugar
600g full-fat crème fraîche
zest 1 lemon
½ tsp vanilla extract

Method

Whisk together the milk, sugar, crème fraîche, lemon zest and vanilla. Set aside for 10 mins for the sugar to melt. Pour into a container. Freeze for 1 hr, then give a good whisk and return to the freezer for another hour. Repeat 3 or 4 times until it becomes solid.



Carnation Milk Ice-Cream

1 can evaporated milk
½ cup sugar

1 teaspoons vanilla
pinch salt
1 teaspoons gelatin (dissolved in 30ml very warm water and allow to stand until mixture is clear)

DIRECTIONS

Beat salt, vanilla and milk at medium to fast speed until ingredients triple in bulk. Gradually while still beating add sugar followed by gelatine. Place in container and freeze for several hours stirring occasionally.

AVOCADO ICE CREAM

End your Mexican-inspired feast with this creamy avocado ice-cream.

Flesh of 4 avocados
Juice of 2 limes
200g caster sugar
300ml thickened cream
1 teaspoon vanilla extract

METHOD

Ice cream will need to chill in the fridge for at least 4 hours.

1. Whiz avocado and lime juice in a food processor until a smooth puree.
2. Beat the sugar and cream with electric beaters to combine. Add avocado and vanilla, then whisk until well combined.
3. Pour into a shallow container and freeze for 2 hours or until frozen at edges. Remove and beat with electric beaters. Return to container and refreeze. Repeat 2 or 3 times. Transfer to a container and freeze for 4 hours or until firm.



Classic vanilla ice cream

SERVES 6

Ingredients

1 plump vanilla pod
300ml full-fat milk
300ml double cream

100g golden caster sugar
4 egg yolks

Method

1. Place a container in the freezer.
2. Split the vanilla pod lengthways, scrape the seeds out with the point of the knife and tip into a pan with the milk, cream and pod.
3. Bring to the boil, then remove heat and leave to infuse for at least 20 mins. For the best flavour, this can be done a few hours beforehand and left to go cold.
4. In a large bowl, whisk the sugar and egg yolks together for a few mins until they turn pale and fluffy. Put the vanilla cream back on the heat until it's just about to boil, then carefully sieve the liquid onto the yolks, beating with the whisk until completely mixed.
5. At this point, get a large bowl of iced water and sit a smaller bowl in it. Pour the custard back into the pan and cook on the lowest heat, stirring slowly and continuously, making sure the spoon touches the bottom of the pan, for about 10 mins until thickened.
6. Strain the custard into the bowl sitting in the iced water and leave to cool, then churn until scoopable.
7. Transfer to the container and freeze.

WATTLE SEED ICE-CREAM

Australia's very own bush spice, wattle seed, has a taste reminiscent of coffee. You can purchase roasted ground wattle seed at speciality spice stores, organic stores, some delicatessens, or online bushfoods stores. Any left over wattle seed can be used in cakes, biscuits, pancakes, or in freshly made pasta.

Only a select number of wattle species are edible so be cautious about grinding up your own seed from your garden unless you are confident you know what you are doing.

Prepare the wattle seed by measuring out a tablespoon into a cup and adding a tablespoon of near-boiling water then leave to soak for 5 minutes.

Ingredients

300ml thickened cream

300ml full-cream milk

6 egg yolks

$\frac{3}{4}$ cup caster sugar

1 teaspoon vanilla extract

1 tablespoon ground roasted wattleseed (prepared as above)

Directions

1. Pour the cream and milk into a saucepan on medium heat and bring to a simmer but avoid boiling. Set aside to cool for ten minutes.
2. In a bowl whisk the egg yolks and sugar together until thick and creamy. Add the milk mixture, stirring constantly to prevent the eggs from curdling.
3. Pour the mixture back into the pot, return to medium heat and stir continuously with a wooden spoon for around 5 minutes until it forms a custard consistency and sticks to the back

of the spoon. Allow to cool.

4. Strain through a sieve into a glass freezer-safe bowl and leave to stand for 5-10 minutes.
5. Add the prepared wattle seed and vanilla extract and stir to mix.
6. Cool over ice or in the fridge then place the mixture into the freezer for around 1½ hours until the edges have frozen. Take out and beat the mixture with a fork. Repeat this process once an hour for three hours.

Vegan Ice Cream

Ingredients

1 tin full-fat coconut cream
1/4 cup maple syrup
pinch salt
1 tablespoons cornflour
¾ teaspoon vanilla extract

Instructions

1. Shake the coconut cream.
2. Set aside 1/4 cup coconut cream
3. Pour the remaining coconut cream into saucepan.
4. Measure the maple syrup and add it to the coconut cream, along with the salt.
5. Warm the coconut mixture on the stove over medium-low heat, stirring occasionally, until the sweetener has completely dissolved.
6. Measure the cornflour and add it to the reserved 1/4 cup coconut cream. Whisk thoroughly until the cornflour is totally dissolved.
7. Pour the cornflour mixture into the warm coconut cream while whisking gently.
8. This is your ice cream base. Increase the heat to medium. Stirring occasionally, continue cooking the base until it has thickened enough to coat the back of a spoon, 6 to 8 minutes. *Do not allow the base come to a boil.*
9. Remove the base from heat and stir in the vanilla.
10. Pour the base into a shallow container. Let the base cool slightly on the counter so it's not hot when you put it in the fridge. Before refrigerating, press a piece of plastic wrap against the surface. Cover the container and refrigerate for at least 4 hours or for up to 3 days.
11. Remove the base from the fridge. It should be completely chilled and slightly pudding-like in texture. Pour the base into the bowl of an ice cream machine and begin churning.
12. Churn the ice cream until it thickens considerably and is roughly the consistency of soft-serve ice cream. Depending on your machine, this could take anywhere from 10 to 20 minutes — keep an eye on it!
13. Scrape the ice cream into your freezer container. Press a piece of parchment or wax paper against the surface to prevent ice crystals from forming.
14. Transfer the container of ice cream to the freezer and freeze for at least 4 hours to harden the ice cream.
15. If your ice cream is too hard to scoop, let it warm a few minutes on the counter before scooping.