Custard (or if frozen) “Ice Cream”

Ingredients:

1 ½ cups whole milk

1 ½ cups heavy cream

½ cup sugar

¼ teaspoon salt

4 egg yolks

¼ cup sugar

1 teaspoon vanilla

Directions:

1.       Prepare an ice bath by filling a large bowl with ice and adding 2 cups cold water. Place a medium bowl fitted with a fine strainer inside the ice bath. Set aside.

2.       Whisk egg yolks and ¼ cup sugar together in a medium-sized bowl and set aside.

3.       In medium saucepan, combine the milk, cream, ½ cup sugar, and salt. Set over medium heat, stirring occasionally, until the mixture is warm and begins to steam, about 5 to 7 minutes.

4.       Carefully whisk half of the arm milk mixture into the egg  yolks, one ladle at a time, until the egg mixture is warmed.

5.       Whisk the egg-milk mixture back into the saucepan. Continue to cook over medium heat, stirring constantly, until the mixture reaches 175°, about 5 to 7 minutes.

6.       Stir in 1 teaspoon vanilla.

7.       Immediately strain the mixture through the strainer into the prepared ice bath.

8.       Cool the custard in the ice bath until it reaches room temperature, stirring often.

9.       Remove the bowl from the ice bath. Press plastic wrap against the surface of the custard and chill about 4 hours or up to 1 day.

10.   Pour the chilled mixture into an ice cream maker and freeze according to manufacturer’s directions. Transfer the ice cream to an airtight container, press plastic wrap against the surface, and freeze at least 2 hours.