



CANADA AGRICULTURE
AND FOOD MUSEUM
MUSÉE DE L'AGRICULTURE
ET DE L'ALIMENTATION
DU CANADA

A FASCINATING WORLD
UN MONDE FASCINANT



Ice Cream in 4 Easy Steps

Ingredients

115 ml (1/2 cup) of 10% cream
10 ml (2 tsp) white sugar
A few drops of vanilla extract
One small Ziplock™ sealable plastic freezer bag
Two large Ziplock™ sealable plastic freezer bag
125 ml (1/2 cup) of salt
Approximately 1 l (4 cups) of ice

Preparation

Pour the cream, sugar and vanilla in the small plastic bag and seal it up tight. Place the ice, salt and the small plastic bag in the doubled large plastic bags and seal it tight. Shake the bags for about 5 minutes. It might help to wear mittens as the ice is very cold. Take out the small bag and rinse it off to make sure the salt water does not enter the bag. And voila! Your cream mix is now ice cream.

Vanilla Ice Cream (with ice cream maker)

Ingredients

500 ml (2 cups) of 35% whipping cream
125 ml (1/2 cup) of sugar
375 ml (1 1/2 cups) of 2% milk
5 ml (1 tsp) of vanilla extract

Preparation

Mix the cream and sugar together and microwave so that all the sugar dissolves. Refrigerate overnight. Add the milk and vanilla extract to the mixture. Pour the mixture in the ice cream maker and follow the manufacturer's instructions.