

 Prep: 30 minutes

 Cook: 35 minutes

 4 servings

Sugar Free Vanilla Ice Cream

Description

This recipe uses the standard "creme anglaise" base which is easy to make. To keep frozen ice cream the same consistency as store-bought, it is important to use a blend of allulose and splenda. Other sugar substitutes tend to re-crystallize and the ice cream freezes rock hard.

Ingredients

for 4 servings

- 4 egg yolks
- 2 cups heavy whipping cream
- 1 cup whole milk
- 1 cup allulose sweetener (*cannot be substituted*)
- ½ Splenda pourable sweetener
- 1 1-2 tsp vanilla extract

Conversion: *No conversion*

Steps

1. Place milk and heavy cream in a heavy saucepan and place on low heat while preparing egg yolks and sweetener
2. in a medium bowl, place egg yolks and sweetener. Whisk vigorously until yolks become very pale and thick.
3. Heat milk/cream over medium low heat just until hot (not boiling).
4. Remove milk/cream mixture from heat. Begin whisking the egg mixture and VERY SLOWLY pour the hot mixture by ladles into the yolks. This is called "tempering" which slowly brings the egg yolks up to temperature without scrambling them. When you have ladled about 1/2 of the mixture, you can then pour the egg yolk/cream mixture into the saucepan with the remaining hot liquid.
5. Return the saucepan to the stove over medium heat. Stir CONSTANTLY (do not walk away from this!) until the mixture reaches 180°F on a digital thermometer. Using a thermometer is the most accurate way of doing this - any hotter and the mixture will "split" and the eggs will scramble. If you don't have a digital thermometer, watch the mixture until it begins to thicken and will coat the back of a wooden spoon (drag your finger across the back of the spoon and it should leave a trail)
6. Immediately remove from heat and pour the mixture into a heat-proof container. Cover with plastic wrap so that the wrap is touching the surface of the ice cream base (this will prevent a "skin" from forming). Refrigerate for several hours - mixture will continue to thicken as it chills.
7. Prepare your ice cream machine by either freezing the container or pre-cooling a commercial grade

machine. Pour mixture into the container and allow to churn for 35-40 minutes until very thick - consistency of soft-serve ice cream. You can then either serve it soft, or place into a freezer-safe container and freeze until solid.