



# Make your own ice cream

## PLAY IT COOL

The world's tallest ice cream cone was 3.08 metres high – taller than an ostrich. It was made in Norway in 2015.

Summer wouldn't be the same without a delicious ice cream to cool you down. Here's a quick and easy recipe that gets the frozen treat ready to eat in less than 15 minutes.

### What you need

- 300ml semi-skimmed milk
- 1 tbsp caster sugar
- ¼ tsp vanilla essence
- Crushed ice
- 6 tbsps rock salt
- 2 medium zip-seal freezer bags
- 1 large zip-seal freezer bag
- Tasty topping to serve

### How does it work?

The ice cubes around the creamy mixture chill it, but adding salt is the real trick. Salt lowers the temperature at which water freezes. As ice melts, it removes heat from the ice-water mix, just like putting an ice cube into a glass of water, but because of the added salt, the ice-water mix can go below the freezing point of pure water. This is how you get the super-chilliness required to turn runny cream into solid ice cream.



**1** Pour the milk, sugar and vanilla essence into one of the medium zip-seal freezer bags and give the mixture a good stir.



**2** Next, squeeze as much air out of the bag as you can and close the zip. For extra security, seal the top with sticky tape so that none of the creamy mix can escape.



**3** Place the sealed bag inside a second medium zip-seal freezer bag. Squeeze all of the air out of that bag, too, and close the zip.



**4** Now, put both the sealed medium bags inside a third (large) zip-seal freezer bag.



### BRAIN FREEZE!

When cold drinks or food touch the roof of your mouth, small blood vessels shrink rapidly and then re-warm again. Pain receptors pick this up and pass the information to your brain. Your brain interprets the sinus pain as a stabbing headache, which some people call brain freeze.



**5** Next, half-fill the large outer bag with crushed ice, making sure to surround the creamy mixture.



**6** Add the salt, then squeeze the air out of the bag and seal it tightly.



**7** Now for the fun part – shake it up! Keep shaking the bag for about 10 minutes, or until the mixture starts to look like ice cream. Keep going...



**8** ...when it's ready, open all of the bags and scoop out the ice cream onto a cone. Add some tasty toppings or just enjoy it straight. Bliss!