



# THE LAB

Loads of things to make and do



Kitchen chemistry

# Make ice cream

Whisk up a surprisingly simple recipe, which is perfect for the hot days of summer.

## What you need

- 4 **egg** yolks
- 100g golden caster sugar
- 1 tsp cornflour
- 300ml double **cream**
- 300ml whole **milk**
- 1 vanilla pod
- Sprinkles (optional)

- Bowl
- Whisk
- Saucepan
- Sieve
- Freezer-proof container with lid

## Instructions

- 1** Whisk the egg yolks and sugar in a bowl, then mix in the cornflour.
- 2** Gently heat the cream, milk and vanilla pod seeds in a saucepan.
- 3** Add the heated milk to the egg mixture and whisk. Now sieve into a saucepan on a low heat and stir until slightly thick.
- 4** Pour into a container. Leave to cool, then pop in the fridge.
- 5** The next day, move it to the freezer. Over a three-hour period, whisk the mixture every hour. Then leave it until it is frozen solid. You are now ready to serve with sprinkles!

**Allergy warning!** Ingredients in **bold** are allergens (substances that cause allergic reactions). Learn more at [tinyurl.com/SN-allergy](https://www.tinyurl.com/SN-allergy)



The mixture should be smooth and creamy.

**TOP TIP!**  
Use your leftover egg whites to make meringues or an egg-white omelette.

## How does it work?

When you add the hot milk mixture to the eggs and return to the heat, the whole mixture thickens. This is because the egg proteins in the yolk start to unfurl. As the liquid is heated, the proteins bind to the sugar and water in the milk, making it thicker. Adding cornflour makes the process happen quicker. The next step creates a smoother ice cream than you would get by simply putting the mixture in the freezer until it freezes solid. Whisking the ice cream every hour keeps the ice crystals moving as they chill. This means they don't have time to clump together and form large crystals, which would feel crunchy in your mouth. Forcing smaller crystals to form results in a smoother, creamier texture.

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