<u>Liquid Nitrogen Ice Cream</u> Adapted from a Ben and Jerry's Ice Cream book

Ingredients:

2 eggs

 $\frac{3}{4}$ cup sugar

1 cup milk

2 cups of heavy or light cream

flavourings (i.e. 1 tablespoon vanilla)

Method:

- Mix everything together with a whisk in a metal bowl. You can leave out the eggs if you wish.
- With a wooden spoon, oven mitts on your hands and safety glasses on your eyes, go to where the liquid nitrogen is.
- With the liquid nitrogen dispensing, pour the liquid nitrogen over the liquid stirring quickly to ensure even cooling.
- Keep adding liquid nitrogen until a frozen slurry has been formed.
- Turn off the liquid nitrogen and continue stirring your slurry until an even solid is formed.
- Enjoy.

Things to think about:

- 1. You don't have to add the eggs
- 2. While you are freezing the ice cream, make sure that you are continually stirring to maximize the amount of air incorporation.
- 3. If you overfreeze your ice cream, you can speed the melting of the ice cream to an edible consistency, put the mixing bowl inside of a bowl filled with warm water.

4.