

Freeze A Tasty Ice Cream Treat

By ELLY

The real fun of homemade ice cream is in the making. Once you've mastered creamy vanilla you can go on to maple nut and strawberry vanilla. Then on to the ultimate, tutti-frutti.

It's easy to create a delicious variety of wholesome ice cream ventures by imaginatively combining the freshest of nature's ingredients with the basic vanilla recipe.

CREAMY VANILLA ICE CREAM

3 eggs
1 1/2 c. sugar
3 c. milk
2 T. vanilla extract
3 c. whipping cream

In a large mixing bowl beat eggs until foamy. Gradually add sugar; beat until thickened. Blend in milk, vanilla and salt. Chill in a large mixing bowl lightly whip cream to soft stage; fold into chilled mixture. Churn - freeze, using slightly higher percentage of salt to ice than recommended for freezing other ice cream mixtures. Yield: approximately three quarts.

VARIATION: Strawberry Swirl

After freezing, transfer ice cream to plastic freezer container, alternating layers of ice cream with raspberry preserves (1 cup). Swirl each layer with spatula for marbled effect. Place in freezer to ripen. Other preserves may be substituted for the strawberry if desired.

STRAWBERRY-BANANA ICE CREAM

2 1/2 c. crushed strawberries (about 2 pt.)
1 c. pureed ripe bananas
1 T. fresh lemon juice
2 eggs
1 1/4 c. sugar
3 c. milk
3 c. whipping cream
1 T. fresh lemon juice
1/4 t. salt

Sweeten berries to taste. Combine banana puree and lemon juice. In a large mixing bowl beat eggs until foamy. Gradually add sugar; beat until thickened. Add milk, cream, vanilla and salt. Blend in strawberries and banana. Chill. Churn freeze. Yields one gallon.

MAPLE NUT ICE CREAM

3 egg yolks
1 c. maple syrup or maple blended syrup
1/2 c. firmly packed brown sugar
3 c. milk
3 c. whipping cream
1/2 t. maple flavoring
1/4 t. salt

In a one-quart saucepan combine rhubarb and one cup strawberries; add sugar and boil for five minutes. Remove from heat. Add remaining strawberries. Add red food color a few drops at a time until desired color. Chill. Yield: approximately 1 1/4 cups.

HONEY BUTTER SAUCE

1/2 c. (one stick) butter
1/4 t. cinnamon
1/4 c. honey
Dash of salt
1/2 c. whipping cream
1/2 c. orange extract (optional)

In one-quart saucepan melt butter with cinnamon. Remove from heat. Blend in whipping cream and salt. Stir in whipping cream until smooth. Add orange extract. Serve warm over ice cream. Yield: 3/4 cups.

COFFEE-BUTTERSCOTCH SAUCE

1 c. firmly packed brown sugar
1/4 c. light cream or half and half
1 T. vanilla extract

In one-quart saucepan combine sugar, corn syrup, butter, cream and coffee. Boil two minutes, stirring constantly. Serve warm over ice cream. Yield: 1 1/2 cups.

VARIATION: Praline Sauce

After sauce has cooked add 1/2 cup broken pecans.



FREEZERS ARE MADE OF different materials, and this can make a difference in the ice/salt ratio. Follow the instructions that accompanied your freezer.

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