

### **Liquid Nitrogen Ice Cream**

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.

#### **WARNING NOTICE:**

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