

Recipes for summer

Ice cream

How to Make Ice Cream Without a Machine with 3 simple no churn methods and flavour ideas! Step-by-step video, recipe, and printable ice cream labels too!

2 Ingredient Method

- 2 cups double cream, chilled
- 1 (14 ounce) can sweetened condensed milk, chilled

1/2 teaspoon vanilla extract

2 ingredient Method

1. In the bowl of an electric mixer, whip the cream until stiff peaks form. On low speed, mix in the condensed milk, vanilla, and any flavourings
2. Pour into a sealable container, cover the surface with plastic wrap, then seal. Freeze for at least 6 hours, or until firm. Keep stored in the freezer.

Freeze & Stir or Plastic Bag Methods:

- 1 1/4 cups whole milk, chilled
- 3/4 cup granulated sugar
- 2 cups double cream, chilled
- 1 tablespoon vanilla extract
- 1/4 teaspoon salt

Freeze & Stir or Plastic Bag Methods:

1. In a large bowl, use an electric mixer to beat the milk and sugar until the sugar is dissolved, 1 to 2 minutes. Stir in the cream, vanilla, and salt until combined. If mixture isn't cold, place in the refrigerator until chilled, about 30 minutes.

For the freeze & stir method:

1. Place the mixture in a deep stainless steel baking dish and freeze for 45 minutes. As it begins to freeze near the edges, remove it from the freezer and stir vigorously with a spatula. Return to the freezer.
2. Continue to check the mixture every 30 minutes, stirring vigorously as it's freezing. If you have a hand held mixer or blender, use one of those. Repeat this process for 2 to 3 hours, or until frozen.

Plastic bag method:

1. Place the ice cream mixture in a sealable bag, squeezing out as much air as possible and sealing tightly. Place this bag inside another bag, again squeezing out as much air as possible and sealing tightly. Put the bags inside a large size resalable bag and fill with about 4 cups crushed ice then sprinkle with 4 tablespoons coarse salt. The salt lowers the freezing point of the ice and creates an extra cold environment that absorbs heat, causing the ice cream base to freeze.
2. Squeeze out all the air and seal tightly. Wrap the bag in a towel or put gloves on before shaking vigorously and massaging the bag, making sure the ice is surrounding the ice cream mixture constantly. Shake for about 5 to 8 minutes, or until the ice cream is frozen. The more vigorously you shake, the smoother your ice cream will be.

Ice Cream Flavour ideas:

Note: some mix-ins may increase the amount of time the ice cream needs to freeze before serving.

Cheesecake

Add 8 ounces softened cream cheese to the 2 ingredient method above. Use an electric mixer to beat with the condensed milk and vanilla before folding into the whipped cream as the recipe instructs.

Mint chip

1 teaspoon peppermint extract + 1 cup mini chocolate chips + green food colouring

Peanut Butter/ Nutella / Cookie Butter

1/2 cup to 1 cup spread

Cinnamon Roll

3 tablespoons butter, melted + 1/2 teaspoon cinnamon

Caramel or Dulce de Leche

1/2 – 1 cup caramel drizzled over the almost frozen mixture, stir to break up the ribbon a bit. Add a teaspoon of sea salt and/or a few tablespoons of bourbon for a gourmet touch!

Chocolate

3/4 cup cocoa powder (sifted) + 4 ounces melted cooled chocolate

Rocky Road

1 cup chocolate syrup + 1 cup mini marshmallows + 1 cup toasted almonds swirled into ice cream

Cookies & Cream

15 Oreo cookies, coarsely chopped (about 1/2 cup)

Blueberry swirl

2 cups fresh blueberries + 3 tablespoons sugar + 2 tablespoons lemon juice cooked in a small saucepan over medium-high heat until burst. Chill before swirling into ice cream.