

A MILLION WAYS
to make
VANILLA ICE CREAM

Karl Melby

Copyright © 2017 Karl Melby

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in reviews and certain other non-commercial uses permitted by copyright law.

www.karlmelby.com
For orders, please email:
karl@karlmelby.com

Acknowledgements

My thanks go to a lot of people along the way. The Self-Publishing-School and the writers community in which big time inspiration, tips and guidelines has been provided.

People being directly involved is my accountability buddy Natalie McNee who has kept me going and provided great additional help along the way.

Ognena Kostova edited the recipe section with detailed application and Cindy Dockendorff provided utmost engagement with the text section and overall editing.

Natasa Obradovic did the infographics that lifted the overall understanding of the bookconcept.

Anw Design won the book cover poll by far with his design. I am pleased to present this winning design to my readers.

Megan McCullough gave valuable guidance and a great job formatting the book.

Thanks to you all! You are wonderful.

Dedication

I dedicate this book to my children and son-in-law.

Anna Lykke and Anders Sandvik.

Maria Fredrikke Melby.

Samuel Melby.

Thanks for all your inspiration!

About the author

Karl Melby has his formal education within Economics, Business & Administration and Media & Communication. In addition he has studied subjects as philosophy, music and language. In his profession he has worked within the oil industry, humanitarian aid and accounting.

The interest for numbers, finding a common playground with his children and the love for ice cream has led him on the journey writing this unique book.

Through many years Karl Melby has made homemade ice cream for his own pleasure. Family and friends have enjoyed being with him on this long adventure. Most kids love vanilla ice cream and this has been his children's favorite as well. To have some additional fun of his own he has explored the world of tastes of the vanilla and combined the vanilla with different choices of ice cream.

Do you like ice cream, you'd love this book.

Disclaimer

I designed this book for you with the understanding that I am not engaged in rendering medical, legal or any professional services. If you require those service, get a professional.

To make an informed decision on what foods you are going to put in your body, please verify with your doctor.

I am here to educate upon possibilities, explain the great world of opportunities and entertain you along the way.

Foreword

Today, it is surprisingly rare to find high-quality ice cream with *vanilla*. There are multitudes of flavors to suit any whim, from cotton candy to triple chocolate and so many others. But when was the last time you tasted a really good just-plain-vanilla ice cream, thinking it was exactly what you wanted, and with that sweet, simple, earthy taste that melts your heart? When was the last time you tasted vanilla ice cream that was exactly the way *you* like it?

Whether you prefer a thick, heavy, sweet ice cream or a lighter version with a more delicate flavor, here is a book that answers your hunger for vanilla ice cream in a new and easy way.

A Million Ways to Make Vanilla Ice Cream has been designed to resolve your questions about ice cream in a concise and easy-to-read manner. This book is for people who enjoy ice cream in general, those who are looking for their own favorite version of vanilla ice cream, and those who are looking to learn more about the variety that exists within this simple, elegant dish.

As a lifelong student of ice cream production and master of the art of finding the right balance between ingredients, I have read dozens of books on the subject of making ice cream.

Chefs at home, professionals, students, and many others who struggle to find a good quality ice cream to suit their own tastes have already experienced great success by implementing the tips and tricks found in this helpful how-to guide.

People have said, “The best thing about this book is you can start making great ice cream the very same day you start reading the book—and you can perfect your skills in an easy, understandable way whenever you want.”

I promise that if you follow the how-to guide below, you’ll have lots of ready-to-use recipes, and you’ll find a huge variety to explore. I promise that you can easily become the pro among your family and friends—and you’ll even find ideas and recipes to use in professional settings.

The art of making ice cream is disappearing into the aisles of the grocery store. Don’t miss this opportunity to learn this useful traditional skill! Your friends and family will marvel—and when they do, you needn’t mention how simple it really is.

The tips and tricks you’re about to read have been proven to create positive, delicious experiences. All you have to do to make your favorite ice cream is to keep reading. Each chapter will give you new insight as you develop your new skills.

Turn the page now and enjoy!

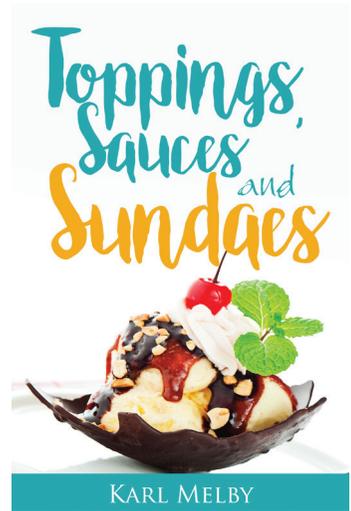
Extras for You

To sign up for a freebie, please go here:
www.karlmelby.com/tss.

You'll receive the *Toppings, Sauces & Sundaes* created as an extra bonus for you.

The reason for that I am asking for your email address is that I'd like to contact you when I'm proceeding with my new projects, books or online courses on how to make really good ice cream.

In the fall I will probably finish a book on *chocolate ice cream*.



An Urgent Plea!

Thank you for downloading my book!

I really appreciate all your feedback, and I love hearing what you have to say. I need your feedback to make the next version even better.

Please leave me a honest helpful *review* on Amazon.com.

Thanks so much!

—Karl

Table of Contents

Foreword.....	vii
Introduction: The Matrix.....	1
Chapter One: The Base—Starting Base	3
Starting Base Introduction	3
Water	3
Light Milk	4
Soy Milk	4
Yogurt.....	5
Whole Milk.....	5
Condensed Milk.....	6
Coffee Creamer	7
Coconut Milk	7
Cream	8
Mascarpone	8
To sum up	9
Chapter Two: The Base—Thickener.....	11
Introduction	11
No Thickener	11
Gelatin	12
Corn Flour	13
Arrowroot	13
Guar Gum	14
Tragacanth	14
Locust Bean Gum	15
Mix of Locust Bean, Carrageenan, and Xanthan.....	15
Egg Yolk.....	16
Egg	16
To sum up	17

Chapter Three: The Base—Sweetener	19
Introduction	19
Stevia.....	20
FOS	20
Yacón Syrup	21
Agave Nectar	21
Fructose.....	22
Coconut Flower Sugar.....	22
Maple Syrup.....	23
Honey	23
Sucrose	24
Glucose.....	25
To sum up	25
Chapter Four: Vanilla Flavor	27
Introduction	27
Vanilla Powder	28
Vanilla Sugar.....	29
Vanilla Extract.....	30
Vanilla Paste.....	31
Tahitian Vanilla	31
Indian Vanilla	32
Ugandan Vanilla.....	32
Indonesian Vanilla	32
Mexican Vanilla.....	33
Madagascar/Bourbon Vanilla.....	33
To sum up	34
Chapter Five: The Preparation—Mixing	35
Introduction	35
Hot One by One	37
Hot, Thick, and Sweet.....	37
Hot Starting Base and All Together	37
Hot All Together.....	38
Hot Together and Thickener.....	38
Hot As Couple	38
Hot Double.....	38
Cold Sweetener	39

Cold Thickener	39
Cold Vanilla	39
Tips—Hot Process	40
Tips—Cold Process	40
To sum up	40
Chapter Six: The Preparation—Freezing.....	43
Introduction	43
Basics	44
The Freezer	44
Freezer Cubes	44
Hand-Cranked	45
Stand Mixer Addition.....	45
Pre-Freeze Bowl	45
Built-In Freezer	46
Pacojet®	47
Carpigiani® GK3.....	47
Carpigiani® FantaStick	48
Carpigiani® Labotronic RTL.....	48
To sum up	49
Chapter Seven: Recipes.....	51
Introduction	51
Vanilla Ice Cream With Lovely Consistency And A Rich Taste.....	53
Vanilla Parfait.....	54
Vanilla Ice Cream With Soy Milk	55
Yogurt Vanilla Ice Cream	56
Vanilla Sorbet.....	57
Vanilla Soft Ice	58
Aunt Aud’s Vanilla Ice Cream.....	59
Vanilla Cream Ice	60
Strong Shaped Vanilla Ice.....	61
Vanilla Ice Cream Cheese Cake.....	62
Vanilla Parfait With Fructose (Or Agave).....	63
Tasteful Vanilla Ice Cream	64
Vanilla Ice Cream With Honey	65
Vanilla Ice Cream With Sweetened Condensed Milk	66
Raw Vanilla Ice Cream With Coconut Milk.....	67

Low Fat Vanilla Ice Cream	68
Maple Vanilla Ice Cream	69
Vanilla Ice Cream With A Special Blend Of Locust Bean Gum, Carrageenan, And Xanthan Gum	70
Low Carb Vanilla Ice Cream.....	71
Farmers’ Market Vanilla Ice Cream	72
Vanilla Ice Cream With Coconut Blossom Sugar	73
Intense Vanilla Ice Cream With Guar Gum.....	74
Vanilla Ice Cream With Arrowroot And Yogurt.....	75
Vanilla Ice Cream With Mascarpone.....	76
Ice Cream With Vanilla Paste	77
Vanilla Ice Cream With Indian Tragacanth.....	78
Vanilla Ice Cream With “Gold” Vanilla.....	79
American Vanilla Ice Cream From 1915.....	80
Vanilla Ice Cream With A Variation Of Milk Products	81
To sum up	82
Chapter Eight: Afterword.....	83
Chapter Nine: References.....	91
Chapter Ten: Conversion Tables.....	93

Introduction: The Matrix

Is it really possible to make something as simple as vanilla ice cream in so many different ways? The answer is *yes*. Read on and see for yourself.

Bear with me for these next few paragraphs, and I will illustrate for you the math behind *A Million Ways to Make Ice Cream*.

The matrix consists of three major parts: the base, the flavor, and the method. The base is further divided into three parts: the starting base, the thickener, and the sweetener. The method is divided into mixing and freezing. And the taste in itself is a separate part. Altogether, you will find six parts, or columns, if you like. Within these parts, you will find ten different ingredients.

Some combinations might be better than others. Most of them will work as a single component and/or in a mix with others. In any case, each is a variable in our equation.

So, $10 \times 10 \times 10 \times 10 \times 10 \times 10 = 1$ million

It sounds crazy, but there are actually this many unique ways to create ice cream. I will show you this in further detail in a later chapter.

Each and every ingredient will be described and you will get information about what it is, where to find it, and how to use it—and a reference to an example in one of the included recipes. Reading the upcoming pages and looking at the included recipes can be very helpful. You will be able to see the various combinations and how they have been used by others, and you might get some ideas for yourself. Let's have a look at the matrix itself.

A MILLION WAYS TO MAKE VANILLA ICE CREAM

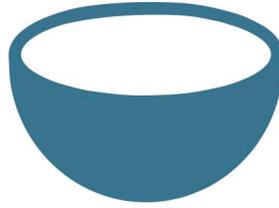
STARTING BASE		BASE		SWEETENER		FLAVOR		PREPARATION	
WATER 0% FAT	THICKENER	STEVIA 0 GI	VANILLA		MIXING	FREEZING			
WATER 0% FAT	NONE	STEVIA 0 GI	VANILLA POWDER	HOT ONE BY ONE	FREEZER				
LIGHT MILK 0.1-1.5%	GELATINE	FOS 0	VANILLA SUGAR	HOT THICK AND SWEET	FREEZED DICES				
SOYAMILK 1.8%	FLOUR	YACON SYRUP 3	VANILLA EXTRACT	HOT STARTBASE AND ALL TOGETHER	HAND-CRANKED				
YOGURT 2.5% (8%)	ARROWROOT	FRUCTOSE 19	VANILLA PASTE	HOT ALL TOGETHER	KITCHEN AID ADDITION				
WHOLE MILK 4%	GUAR GUM	AGAVE SYRUP 20	TAHITIAN VANILLA	HOT TOGETHER AND THICKENER	PRE-FREEZED BOWL				
CONDENSED MILK 8%	TRAGACANTH	COCONUT FLOWER SUGAR 35	INDIAN VANILLA	HOT AS COUPLE	BUILT IN FREEZER				
HALF & HALF 20%	LOCUS /CARRAGEENAN /XANTHAN	MAPLE SYRUP 54	UGANDIAN VANILLA	HOT DOUBLE	PACOJET				
COCONUT MILK 21%	LOCUST	HONEY 55	INDONESIAN VANILLA	COLD SWEETENER	CARPIGIANI GK3				
CREAM 38%	EGGYOLKS	SUCROSE 65	MEXICAN VANILLA	COLD THICKENER	CARPIGIANI FANTASTICK				
MASCARPONE 80%	WHOLE EGGS	GLUCOSE 100	MADAGASKAR VANILLA	COLD VANILLA	CARPIGIANI LABOTRONIC				

1 MILLION

You have now been presented with the matrix which shows the enormous possibilities within such a simple thing as vanilla ice cream. You should have a good overview of the bases, the flavor, and the finishing process. Then there is the starting base, sweeteners, thickening agents, the vanilla flavors, the mixing and the freezing.

Now you can see how there are a million ways to make vanilla ice cream. And one of them might be your favorite. Or maybe you'll create your own, making one million and one.

Now let's start looking at it all from the beginning. Let's look at the starting base.



CHAPTER ONE

The Base—Starting Base

Starting Base Introduction

The starting base could have been called *Dairy Products*, as most of these ingredients are based upon milk, cheese, yogurt, and likewise. As water is also included as a singular ingredient, this part has instead been titled Starting Base. The starting base is sorted by the percentage of fat. As water has no fat, it comes first. As mascarpone cheese consists of about 80 percent fat, this one comes last among our ten bases.



Water

Water is the essence of all life. Without water, nothing would exist, and this is the case for vanilla ice cream as well. There is water in every ice cream. Although you might not see it as a pure singular substance, most dairy products consist mainly of water. (Mascarpone and other cheese products are exceptions from the rule, as these are within the high range of fat content.)

Water is a singular component used in the base for sorbets. For professional ice cream makers, water is generally used as a singular component together with other substances in powder format. If you would like to make a water-based ice cream such as your own vanilla sorbet, you can look at the recipe included called VANILLA SORBET on page 57. Enjoy!



Light Milk

Light milk has very little fat, but for ice cream, it still has some advantage over water as it contains valuable substances and flavor.

If you use light milk as the starting base, you will probably want to combine it with a thickener that has some fat for a better consistency. You can find or develop your own combinations to suit your preferences. For a start, try one of the included recipes using light milk. It is called LOW-FAT VANILLA ICE CREAM on page 68, and consists of light milk as a singular starting base component.



Soy Milk

Soy milk is a plant-based milk with its own qualities, which is used in cooking around the world. It is produced by soaking dried soy beans and grinding them in water.

Soy milk comes in different flavors and has a different basic taste than animal milk. The aroma, the thickness, the smoothness, and the creamy appearance and consistency are considered desirable qualities in making ice cream. These attributes of soy milk are associated with protein content, soluble solids, and oil content.

A study by Lawrence, Lopetcharat, and Drake published in *The Journal of Food Science* (February 2016) highlights that about 25 percent of the participants preferred soy milk for its sweetness and creamy qualities.

Soy milk with vanilla seems to be a good combination, and is enjoyed by many people. So, a vanilla ice cream based on soy milk might

be your favorite. One of the included recipes called VANILLA ICE CREAM WITH SOY MILK on page 55 is worth trying.



Yogurt

Yogurt is produced by the bacterial fermentation of milk. The bacteria used to make yogurt are called *yogurt culture*. Cow's milk is the most common base for making yogurt, though you will find yogurt made from the milk of buffalos, goats, ewes, mares, camels, and yaks, depending upon local availability. So, yogurt comes in a great variety by itself. And it seems like every corner of the world has their own version of it.

Yogurt is sold with different levels of fat content. Most commonly, it is 2.5 percent, though you will find it with more and less fat—for instance, there is a Turkish variety with 10 percent fat.

When buying yogurt, you will find it with and without added flavors. One of the types commonly used for ice cream is vanilla yogurt. The vanilla adds a nice flavor in lots of recipes, and a vanilla-flavored yogurt ice cream is no exception. This is a must-try for yogurt fans.

Look among the included recipes and you will find a yogurt-based recipe that is well worth making called VANILLA YOGURT ICE CREAM on page 56.



Whole Milk

Milk is the primary source of nutrition for newborn humans and animals. It is a complete meal in itself, with a lot of vitamins for a healthy body. A glass of milk is also a nutritious choice for many older children and adults.

For years, the most common milk has been whole milk, which contains about 4 percent fat in addition to the other great substances that bind the water. This makes it a preferred ingredient in cooking, and most especially in making ice cream.

Whole milk is the most common base for making ice cream at home. Whole milk has also been used in professional cooking and in ice

cream bars and gelaterias for years, although often substituted by powder, or other ingredients with more or less similar qualities. The industry is doing a lot of research in this area to reduce the financial cost of ice cream production and to prolong the melting phase, all in search of an improved customer experience.

Still, there is nothing I know of that beats natural ingredients when it comes to making your own homemade ice cream. This is also the case for whole milk. Whole milk is a very good base for making ice cream and is easy to find in the grocery store.

Looking at the recipes in this book, you will find several of them based upon whole milk, for instance, **STRONG SHAPED VANILLA ICE** on page 61.



Condensed Milk

Condensed milk is produced by removing the water from cow's milk. It is most often found in the form of sweetened condensed milk, and both terms are synonymously used today. Condensed milk is thick and sweet, and when canned, it can last for years without refrigeration if left unopened. Due to these qualities, it is used to make lots of desserts in many countries.

Evaporated milk is also a term used for unsweetened condensed milk which has undergone a more complex production process.

Condensed milk has about 8 percent fat and is a great choice for making a smooth ice cream. If sweetened, you may find 40 percent sugar and 28 percent milk substances—this is great for ice cream, as well as many other frozen desserts.

So, here you have another good base to make your own favorite vanilla ice cream. Check the recipes included in the back of this book, and you will find one that you can use as a base for experimenting: **VANILLA ICE CREAM FROM SWEETENED CONDENSED MILK** on page 66.



Coffee Creamer

Coffee creamer (or coffee cream) comes in different forms. We are not talking about the non-dairy creamers or coffee whiteners, but rather the cream-based dairy version with many of the same qualities as cream, yet the fat percent is reduced to about 8–10 percent.

This coffee creamer is lighter than ordinary cream and functions well as a singular base, as it has a well-balanced fat content for making ice cream. You also get the creamy consistency similar to ordinary cream. I guarantee that you will have some good ice cream experiences with this base.

Half and half is also a name used for cream with a fat content between 8–20 percent.

Look at the recipes in this book, and you will find yourself a good one based upon coffee creamer (or half and half) if you like. See VANILLA CREAM ICE on page 60.



Coconut Milk

Coconut milk is a popular ingredient, used especially in Asia and in South American countries such as Brazil, Colombia, Panama, and Venezuela. It is a liquid that comes from the grated meat of a brown coconut, and it is not to be confused with coconut water. Coconut milk has a rich taste in itself, and provides a good foundation to lots of dishes.

One of the great qualities of coconut milk is the high oil content—about 21 percent—consisting mostly of saturated fat, which gives it a creamy consistency.

To find an example of how to make vanilla ice cream based on coconut milk, check out A RAW VANILLA ICE CREAM FROM COCONUT MILK on page 67.



Cream

Cream is an ingredient used in many ways, including sauces, soups, stews, custard bases, cakes, and, of course, in desserts like ice cream. Cream can also be whipped and served as a topping on ice cream, sundaes, milkshakes, pies, etc.

The fat content of cream is usually about 38–40 percent. All around the world, you will find different products and a multitude of names. You can find cream reduced to 5 percent fat content, and all the way up to about 40 percent, so the variety in this base itself is huge.

You will also find that the taste is slightly different from country to country. This can make the journey of making your own ice cream even more exciting.

Cream can be used as a singular base in an ice cream, and as an addition to other bases. Due to the expense of cream versus milk, you might find it most convenient to use cream as an addition to milk.

In the recipes included in this book, you will find several including cream. See *AMERICAN VANILLA ICE CREAM FROM 1915* on page 80 and *VANILLA ICE CREAM WITH A VARIATION OF MILK PRODUCTS* on page 81.



Mascarpone

Mascarpone is a creamy cheese from Italy. It is milky-white in color, and even with its high content of fat (about 80 percent), it is easy to spread with other substances. Therefore, it is often used in cooking and also in making some special ice creams.

Mascarpone is the main ingredient in the modern Italian dessert known as tiramisu. It can be whipped and used as a singular cream, and it can be used as a thickener in other ingredients.

Use mascarpone if you like a really heavy ice cream. Mascarpone is great for events that call for something extravagant. It lifts the taste in

an extraordinary way—you will never forget an ice cream made from this creamy cheese.

There are also other creamy cheeses that you can use to make a wonderful vanilla ice cream.

Look at the ice cream recipes section, and you will find a good starting point to work from. See VANILLA ICE CREAM WITH MASCARPONE on page 76.

To sum up

We have now seen the base ingredients for every ice cream: the different dairy and non-dairy products, and water by itself. From light products with little fat to heavy products with lots of fat, they all have their special advantages. They all serve their purpose. And sometimes, you might like to mix them in different portions to enhance the final results.

What makes a great ice cream? A lot depends on the quality of the ingredients. This applies also to these products. Having fresh milk, yogurt, cream, and so on makes a huge difference in the ice cream you are making. So, be picky about quality if you like a great-tasting ice cream.

To enhance the smoothness and the thickness of an ice cream, you will want to add some sort of thickener. Turn the page and find what will serve your best interests.



CHAPTER TWO

The Base—Thickener

Introduction

A thickener is used to increase the viscosity of a liquid without substantially changing its other qualities, and is generally a commonly-used agent in cooking. Most of the time, we use one as an addition to the starting base for creating vanilla ice cream.

Many different ingredients can be used as a thickener. It could be different kinds of flour, gelatin of any kind, eggs, and more. Over the years, the industry has come up with a lot of new substances that enhance this food that we love. We will look into some of them in this book, and give you a glimpse of what can be found in this area.

Please enjoy reading and find your favorite.



No Thickener

Sometimes, the best solution is to skip any thickener. As the thickener's main job is to make the whole base

thicker, you don't always need it, especially when the starting base is thick enough on its own, as when using mascarpone or likewise. A thickener would then be overkill.

If you are looking to produce a sorbet, a water-based ice cream, you do not want the ice cream to be disturbed by any dairy products or any thickener. You want it to be pure. You want the taste of the flavor itself to stand out. Many like ice cream to be as pure as possible.

Most of the thickeners have some kind of taste, and therefore, you might want to explore one without any thickener as in the recipe included in this book called AUNT AUD'S VANILLA ICE CREAM on page 59.



Gelatin

Gelatin makes a base thick and firm. It gives the base a structure to support the ingredients.

Gelatin is a colorless, flavorless food derived from collagen obtained from various raw animal materials. Because it is colorless and flavorless, it is cherished in many ways. If you like the base to be pure white, you can use gelatin as a thickener. And if you don't want the ice cream to be flavored by the thickener, the gelatin is a good choice here as well.

Gelatin comes as powder or as leaves and sheets more widely used in European recipes than in the States. 4 sheets (leaves) equals the amount of 1 ts gelatin powder.

If you want to make your own kind of soft ice cream, go for gelatin. The gelatin creates structure in a unique way, perfect for making homemade ice cream with the same feeling, appearance, and hold as the soft serve you are used to getting from a professional soft ice cream machine.

In the recipes included in this book, you will find a good ice cream made using this ingredient. It might be your own favorite. Try the STRONG SHAPED VANILLA ICE on page 61.

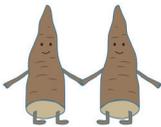


Corn Flour

The flour made of corn is named differently around the world. In the UK, it is called corn flour; in the U.S.—corn starch; and in Australia, it is referred to as wheat starch, to mention only some of the names you might find. Its function is the same around the world, though it might be used in different dishes and desserts from country to country, according to local tradition.

Corn starch is used in liquid-based foods as a thickening agent, and is appreciated for forming a translucent mixture rather than an opaque one. This is also a quality that can be good in making your favorite ice cream.

Look in the recipes included in this book to see a recipe you like: **VANILLA ICE CREAM WITH SOY MILK** on page 55.



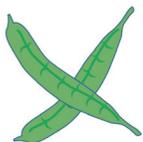
Arrowroot

Arrowroot is mostly substituted with corn flour and potato starch, probably because of the cost efficiency and availability of corn and potatoes. The fine grain in the arrowroot has been highly valued, and is the reason why it has been historically used in different ways and also used as a valid thickener today. You can still find arrowroot, and it is worth trying as an ingredient in your cooking and in making ice cream.

Arrowroot comes with a very long history. It is said that evidence has been found of arrowroot cultivation as early as 7,000 years ago in the Americas. It is suggested that the arrowroot was capable of extracting poisons when applied to human injuries caused by an arrow.

Pure arrowroot is a light, white powder. It has no smell when it is dry, but it does have a mild smell when it is mixed with boiling water. It swells as it cooks into a jelly. This jelly can be used to make food that is very smooth in consistency.

Look at the recipes included in this book to find a vanilla ice cream recipe based on arrowroot as a thickener. **VANILLA ICE CREAM WITH ARROWROOT AND YOGURT** on page 75.



Guar Gum

Guar gum is primarily the soft tissue inside the guar bean, milled and made ready as a free-flowing, off-white powder. Guar gum reduces the pace of ice crystal growth, and has good stability during freeze-thaw cycles. Gluten-free ice creams are often made with guar gum.

Guar gum is very good for making thick pastes, and for keeping water bound within a mixture. It can be used to make a foamy texture; a gel, to thicken warm or cold liquids and keep them from separating. These properties make it a good choice as a thickener in soups, cheeses, and desserts such as ice cream.

Look inside the selection of recipes included in this book to find a ready-to-make vanilla ice cream using guar gum as the thickener: **INTENSE VANILLA ICE CREAM WITH GUAR GUM** on page 74.



Tragacanth

Tragacanth (sometimes called E413) is obtained from the dried sap of a species of Middle Eastern plants, some of which are known as *goat's thorn*. The natural gum is also called Shiraz gum, gum elect, or gum dragon. Iran is one of the main producers of this high-quality gum, but it is made in other places as well, such as India. It's made from the sap in the root of the plant, which is then dried.

Tragacanth gum is used for many things, but most importantly, for our purposes, is its helpfulness as an emulsifier in foods, a stabilizer, and a thickener, which is why it is good for making ice cream.

Look among the included recipes to find one with tragacanth, named **VANILLA ICE CREAM WITH INDIAN TRAGACANTH** on page 78.



Locust Bean Gum

Locust bean gum (sometimes listed as E410) is also called carob gum and carob powder. It is produced from the seeds in the fruit of the locust tree (*Ceratonia Siliqua*), mainly from the Mediterranean countries.

Locust bean gum is a tasteless, gluten-free carbohydrate used as a stabilizer and thickener, and it is often used in gluten-free cooking. Just a little bit is needed. It is valued for its smooth consistency, and so, it has also found its way into the bases of frozen desserts such as ice cream.

Look among the recipes included in this book to find a good recipe for your first vanilla ice cream based upon this thickener: FARMERS' MARKET ICE CREAM on page 72.



Mix of Locust Bean, Carrageenan, and Xanthan

Cooking mainly consists of the mixing of ingredients. We mix one with another to form a useful combination.

This principle can also be used in the more specific area of finding a good thickener. A combination of locust bean gum, carrageenan gum, and xanthan gum is used in many foods today, including ice cream, because of their complementary qualities.

A small portion of locust bean gum (E410) can do wonders, and together with these two others, it can balance it out even further.

Carrageenan (E407) is a compound extracted from carrageenan algae. It has one important property—it forms jelly in milk, and so, it is used increasingly often as a fat substitute. Carrageenan binds water to a juicier product. Purified carrageenan has neither taste nor a color.

Xanthan gum is used to give the base a stickiness or elasticity that would otherwise be achieved through gluten, and it helps to stabilize the base. As little as 0.1 percent can make a difference, and it is usually used in small proportions, usually no more than 1 percent.

You will also find xanthan gum (E415) used in a huge variety of other products like frozen foods and drinks, and it helps in creating a pleasant texture in many ice creams, especially when used along with carrageenan and locust bean gum.

Look inside the recipes included in this book to find a vanilla ice cream based on this mixture of thickeners, called VANILLA ICE CREAM WITH A SPECIAL BLEND OF LOCUST BEAN GUM, CARRAGEENAN, AND XANTHAN GUM on page 70.



Egg Yolk

Egg yolk is the most traditionally used thickener in making ice cream, and it is also used to thicken other foods like custards, creams, and sauces. With its high fat content (about 27 percent) and its richness of protein (about 16 percent), it is suitable for many uses in both industrial and home cooking.

Egg yolk does have a slight taste, especially if many egg yolks are used. You can still find Italian gelaterias using egg yolks, and you may notice that they dip citrus fruits (such as lemon) into the mixture for a period to eliminate the flavor. In home cooking, you will not find this slight taste a problem, especially if you find a good balance in the mixture.

Egg yolk, with its intense yellow color, will color the base and give the ice cream a yellowish tone, although it is often not very noticeable as the amount of egg yolk is small compared to the rest of the mixture.

Look inside the recipes included in this book, and you will find several vanilla ice creams based on egg yolks, for instance: EVERYDAY VANILLA ICE CREAM on page 51.



Egg

Eggs have been part of the human diet for centuries. In earlier years, and still in many places in the world today, people would have their own hens laying eggs on a daily

basis. Today, it is generally more industrialized, but a counterculture is popping up and many are looking back to the old days, establishing smaller local farms to produce eggs. These eggs often taste better than industrial eggs, because the hens eat corn or bugs directly from the grass outside. Use the best eggs you can find. Quality matters for all the ingredients you use, because the final result is always a product of each of the single ingredients.

You will find that both organic and regular eggs will work quite well and have pretty much the same qualities—though some will stick to the organic products due to a general understanding that this is the best means of production and is a good way to take care of the environment.

When using the whole egg, including the egg white, you will get a more fluffy ice cream. Sometimes this is what you desire.

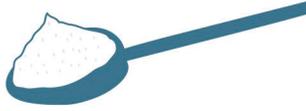
Look through the recipes included in this book to find your favorite using whole eggs: VANILLA SOFT ICE on page 58.

To sum up

You have now seen a variety of agents used to thicken a starting base. From gelatin and corn flour to arrowroot, guar gum, tragacanth, locust bean, carrageenan and xanthan—and, of course, the most common ingredient used in home cooking, the egg yolk or whole egg. And sometimes, no thickener at all might be the right solution.

There are several more available, yet the aforementioned are the most common.

The starting base together with a thickener is a good start. For a complete base, one more ingredient still needs to be added. It is substantial to what we look for in a dessert, and it is the sweetener.



CHAPTER THREE

The Base—Sweetener

Introduction

From the modern to the traditional, each sweetener has its own unique quality. Depending on the situation and your own tastes, you will sometimes find a combination of sweeteners to be the best choice.

You will find sweeteners with a minimum of calories, like stevia, sucralose, or aspartame to ordinary sugar with 4 calories per gram.

In this book, you will find the different sweeteners sorted by glycemic index (GI), from stevia, sucralose, and aspartame with glycemic indexes of zero, to glucose with a glycemic index of 100.

The choice of sweetener is essential in getting a good balance in a frozen dessert. Professionals claim that having control over the sweetener is the secret to becoming a good ice cream maker. And you may very well be one of the experts studying the secrets behind the sweet taste and how it works in its many varieties.

Let's take a closer look at the different sweeteners.



Stevia

Stevia is extracted from the stevia herb and usually presented as drops or powder. Neutral stevia drops are natural and without calories or carbohydrates. The taste is mild, and just a few drops can sweeten drinks, smoothies, cakes, and desserts—and your favorite vanilla ice cream.

Stevia can be up to 400 times stronger than ordinary sugar, depending on which plant the stevia is made from. Most commonly, four drops is the equivalent to about 1 teaspoon of sugar, so be careful about how much you use.

Stevia is used as medicine in Paraguay, as a traditional tea to balance blood sugar. Decoctions made by boiling and infusing the water with stevia plant leaves are used for people with diabetes. It may help to ease your hunger for sugar without altering your blood glucose levels, or adding extra pounds to your body weight.

Stevia has many of the good properties of the other sweeteners, but few—if any—of the negative.

Look at the included recipes to find an ice cream with stevia as a sweetener: **LOW CARB VANILLA ICE CREAM** on page 71.



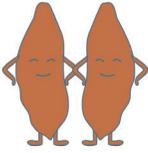
FOS

FOS is the abbreviation for fructooligosaccharides, which naturally occur in things like artichokes, dandelion roots, and raisins. FOS is a natural substance which does not alter blood sugar levels. The taste is similar to sugar, yet is less sweet.

FOS has a GI of zero, as does stevia, as it is indigestible.

FOS may be best used together with other sweeteners such as agave to make a delicious ice cream that is also good for your digestion. FOS can be hard on the digestive system, so be careful not to use it too much, or as a standalone sweetener.

Look inside the recipes included to find one with FOS and similar choices: **LOW FAT VANILLA ICE CREAM** on page 68.



Yacón Syrup

Yacón is a plant mainly from the Andes mountain region. It is a root with a sharp, sweet taste of apple and watermelon. The yacón syrup is pressed out of the root. It contains the inulin, which gives it the sweetness, and it is a substance that the human body is unable to absorb. The syrup has a low glycemic index of about 3, and contributes fewer calories than most other sweeteners on the market.

Yacón syrup can be used as a substitute for other sweeteners in most recipes and dishes. The taste is somewhat less sweet than regular sugar.

Look at the included recipes to find one including yacón as a sweetener: **YOGURT VANILLA ICE CREAM** on page 56.



Agave Nectar

Agave is a colorless natural sweetener made out of the agave plant, which originates from Mexico. You will also find agave in the Southeast U.S., and other places in Latin America.

Since agave contains a high percentage of fructose, it has a low glycemic index of 20 and has little effect on blood sugar. It is therefore suitable for both diabetics and everyone else who wants to keep their blood sugar at a stable level.

You need less agave syrup than refined white sugar to achieve the same sweetness, as it is much sweeter in taste. Additionally, you also get fewer calories than from ordinary sugar.

Agave nectar easily dissolves, so it can be used for both hot and cold dishes. The syrup retains moisture and helps to ensure that the base adheres better. It is also a perfect sweetener for use in smoothies and other cold desserts such as ice cream.

Look in the included recipes to find one including agave syrup as a sweetener: VANILLA PARFAIT WITH FRUCTOSE (OR AGAVE) on page 63.



Fructose

Fructose (fruit sugar) is one of the simplest sugars found in plants. Fructose is the sweetest natural sugar; it is odorless, and usually bought as a white powder that easily dissolves in water. You can find fructose in honey, melons, and other fruits, berries, and most vegetables.

Sugarcane, sugar beets, and corn are often used as commercial sources of fructose. It is used commercially in foods and beverages, because it is inexpensive and you don't need much of it.

Fructose has the lowest glycemic index of all the natural sugars, with a GI of about 19.

Look through the included recipes in this book to find one based on fructose as the sweetener: VANILLA PARFAIT WITH FRUCTOSE (OR AGAVE) on page 63.



Coconut Flower Sugar

Coconut flower sugar is said to have been used as a sweetener for thousands of years in parts of Asia, where coconut palms are abundant. The liquid sap is a sweetener that is used in many dishes all over the world.

Coconut flower sugar is lightly sweet with a hint of caramel, almost like brown sugar. The color, sweetness, and flavor can vary depending on the kind of coconut used, where it is harvested, when in the season it is harvested, and how the sap—also called toddy—was reduced.

You will find coconut flower sugar referred to by other names as well, such as coconut sugar, coco sugar, coco sap sugar, and coconut palm sugar. However, coconut flower sugar is different from the sugar derived from the sap of the stem of a coconut palm tree.

Coconut flower sugar is a low GI sugar, said to have an index of about 35, though some sources have measured the index to be higher. You will find about 16 calories in a teaspoon of coconut sugar, and a relatively low content of essential nutrition.

Sucrose is the main component in the coconut flower sugar, followed by glucose and fructose. Minor variations will occur due to the different means of production.

Look through included recipes in this book to find an ice cream based on coconut flower sugar: VANILLA ICE CREAM WITH COCONUT BLOSSOM SUGAR on page 73.



Maple Syrup

Maple syrup is made from the xylem sap of maple trees. Holes are drilled into the tree trunks, and the sap is collected in buckets or lines. The water is then evaporated as much as possible, leaving the concentrated syrup.

The Canadians, especially in regions of Quebec, are, by far, the largest producer of this syrup today. In 2014, the exports were about USD 300 million.

Maple syrup is valued for its density and translucency, and it is commonly eaten with pancakes, waffles, and as an ingredient in baking as a sweetener and flavoring agent. Experts praise its unique qualities and flavor.

Maple syrup has a glycemic index of about 54.

In the recipe section included in this book, you will find one using maple syrup as a sweetener: VANILLA ICE CREAM WITH MAPLE SYRUP on page 69.



Honey

Honey is made by bees which collect nectar from flowers. It is produced by various kinds of bees, like

bumblebees, stingless bees, honey wasps, and—most commonly—by honeybees. It is produced and used as a food source, and stored in the honeycomb. Honey from honeybees is the type that is collected by most beekeepers and consumed by people.

Honey is about as sweet as white sugar, and it is great for baking, with a distinctive flavor that leads some people to like it even better than refined white sugar or other sweeteners.

It is said that honey has been used for over 8,000 years, and so, it must be one of the oldest sweeteners in the world.

Honey has a glycemic index of about 55.

Most of the sugar in honey is invert sugar. Invert sugar could have its own chapter in this book, although it is mentioned here as honey has such a vast content of it. Invert syrup is a viscose syrup made up of glucose and fructose, and it is used in confectionary to reduce crystallization.

Invert sugar is not found in most grocery stores. You can produce invert sugar yourself by boiling 2 cups of water and 5 cups of fine granulated sugar, together with 1 gram of cream of tartar or citric acid. Boil until a viscous syrup forms.

Look inside the included recipes in this book to find a vanilla ice cream based on honey as the sweetener agent: VANILLA ICE CREAM WITH HONEY on page 65.



SU Sucrose

Sucrose is known to most as table sugar or simply as sugar, and is produced from sugarcane or sugar beets. (About 80 percent of sucrose is derived from sugarcane, the rest almost all from sugar beets.) You will also find naturally occurring sucrose in other fruits and vegetables.

Today, sucrose production is a huge industry. Factories all over the world are producing this sweetener to meet the need for sweet tastes at an affordable price. Brazil is the world's largest exporter of sugar.

Sucrose is now facing competition from glucose syrup that is produced from wheat, corn, and artificial sweeteners, which can be produced at a low cost. Still, the sucrose from sugarcane and sugar beets is the main supplier for our sugar cravings.

You will find sucrose in many dishes all over the world, and especially in many ice creams which are made to serve as the golden frozen dessert.

The glycemic index of sugar is about 68.

Look among the recipes included in this book to find many of them using sucrose—or just sugar—as the basis for sweetness. See VANILLA ICE CREAM WITH LOVELY CONSISTENCY AND RICH TASTE on page 53.



Glucose

Glucose syrup, also known as confectioner's glucose, is made by breaking down starch into its constituent sugars. Glucose is made of starch from potatoes, wheat, barley, rice, cassava, and most commonly from corn, which is why it is also known as corn syrup.

Our bodies love glucose as an energy source, so it is also called blood sugar, as it enters the blood and can be used as it is. Your body actually changes most of the carbs you eat into glucose to be used as energy right away, or to be stored in the muscles and liver as glycogen for later use.

Glucose has a glycemic index of 100.

Glucose is used to sweeten foods, soften the texture, and add volume—and it is a valued ingredient for making vanilla ice cream.

Look among the recipes included in this book to find one based upon this marvelous sweetener: VANILLA SOFT ICE on page 58.

To sum up

You have now seen ten different sweeteners commonly used in ice cream production, and there are more out there if you would like to

explore even further. Some of the sweeteners we have looked at have low glycemic index values, and some have higher. Some provide little to the structure of the ice cream, and some give it a lot more body.

You have been introduced to stevia, FOS, yacón syrup, agave nectar, fructose, coconut flower sugar, maple syrup, honey, sucrose, and glucose. These can be used singularly, or mixed together to enhance the desired qualities.

The knowledge of sugar is the essence of making ice cream. Once you have control of the sugar base, you can call yourself a pro.

You have now finished investigating the three components of an ice cream base: the starting base, the thickener, and the sugar. So, let's move one step further and add the taste of your desire. Let's look at the vanilla and options from the vanilla world.



CHAPTER FOUR

Vanilla Flavor

Introduction

Vanilla is the most common flavor in the ice cream world. People all around the world love the taste of vanilla ice cream. Old and young. Men and women. High class and low class. Traditional and modern. Wherever you look, you will find a vast group of people enjoying this unique taste, a flavor that has become the most popular ice cream flavor on Earth.

You will find vanilla coming from Mexico, Tahiti, Indonesia, India, Uganda, and Tonga. The most known are from Madagascar, and are called Madagascar Bourbon, or Bourbon vanilla. Each kind of vanilla has its own unique and special taste and flavor. The varieties can be explored as a single flavor, or be mixed to increase the fullness of the taste.

The most popular species of vanilla is the *vanilla planifolia* and comes in many different varieties. The *vanilla tahitensis* is in a class of its own and has fewer varieties than the *vanilla planifolia*. Surprisingly, the

vanilla tahitensis, which originated in Tahiti and still is grown there today, mainly comes from Papua New Guinea.

Vanilla is the world's second most expensive spice, right behind saffron. And looking at the time, effort, and work that is required to harvest vanilla, its price doesn't seem so unreasonable. The orchid of the vanilla plant produces the vanilla pod, and it goes through a long process to make this lovely substance.

It takes about ten months to grow the vanilla pod; thereafter it is handpicked and "killed," meaning further development is stopped by dipping it in a hot bath or laying it in the sun. It is then sweetened or stored in blankets for a week or two in a high-humidity environment, during which time it develops its characteristic brown color. It is then dried for an additional month to remove the moisture, and finally, it rests for six months packed in boxes to develop its deep, heady, swoon-worthy fragrance.

Vanilla beans are sorted in two grades, A and B. Grade A beans are packed to be sold whole, and grade B beans are used in extracts and other vanilla products.

Though the vanilla seems so simple, it is actually complex and the number of its varieties is huge. So, in this chapter, we will discuss some of the vanillas that are on the market today—and by looking further into it and doing your own research, you will find that these ten elements are just the beginning of the journey.

Let's begin and enjoy!



Vanilla Powder

Vanilla powder is mainly used for dry mixes, drinks, and recipes that are best unaffected by added color, like icing.

It can also be sprinkled on food like fruits and desserts. Although this is the main usage, vanilla powder can also be used in baking and in making ice cream.

In most cases, you can replace vanilla extract with the same amount of vanilla powder.

Vanilla powder is typically made from vanilla extract plus some kind of starch, like maltodextrin. The price is generally an indicator of the quality. Low quality powders tend to be white and taste more like the starch. High quality powders contain finely ground whole beans, giving them a brownish tinge. The better quality is preferred when baking or making ice cream.

Have a look at the recipes in this book to find vanilla powder as a flavor for your favorite vanilla ice cream: **VANILLA ICE CREAM WITH A VARIATION OF MILK PRODUCTS** on page 81.



Vanilla Sugar

Vanilla sugar is a commonly-used ingredient in Europe and is made out of sugar and vanilla bean seeds. Pre-packed vanilla sugar can be expensive and difficult to obtain outside of Europe, but it can be made at home.

Here is how you make your own vanilla sugar: slice a vanilla bean lengthwise, halfway through. Open the bean and scrape out the black gooey specks and seeds. Stir this into the sugar, and bury the bean pod in the sugar as well. Cover the container and let it stand for at least a week. Then, it is ready to use as a flavor for your ice cream, or in other baking and cooking recipes.

For those of you who live in Europe, it should be easy to get good quality vanilla sugar in the grocery store. I highly recommend buying the real thing, and not cheap variations. The difference in fragrance and flavor is huge, so don't be fooled by the price tag. If the price is an issue, use less of the real thing. You won't regret it!

There are many ways to make a great ice cream with real vanilla sugar. Have a look at **EVERYDAY VANILLA ICE CREAM** on page 51.



Vanilla Extract

Vanilla extract is made by steeping vanilla beans in alcohol, as alcohol is great for pulling out all the rich flavor. It takes a few months, and sometimes even up to a couple of years, for the liquid to age and mellow.

The key to buying the best vanilla extract is to carefully look at the label. Avoid anything that says *imitation* or *vanilla flavor*. Look for the phrase *pure vanilla extract*.

You can also make vanilla extract yourself by adding vanilla pods to a jar filled with alcohol.

Here is how you can make your own vanilla extract:

- Take 9 vanilla beans and 1 cup plus 2 tablespoons of whipped cream-flavored vodka (regular vodka will also work).
- Cut the vanilla beans to fit your jar or bottle; slit them open lengthwise to open them up, and put them into the jar or bottle.
- Cover all the vanilla beans with vodka. Place a lid on the jar, and shake it to mix it all together.
- Place it in a dark and cool cupboard and shake it daily for about 4 weeks. For the next 5 weeks, shake it just every second day.
- After 9 weeks, you will have the best vanilla extract there is.

To get the most out of the extract, beat it into the fat substance of your recipe as early as possible. For example, when whisking eggs and sugar, include the extract substance—and then add the rest of the ingredients afterwards. This way, you preserve the character of any spice or fragrance in your food. Fat holds and carries flavor, and keeps the fragrance from baking off during heating.

Vanilla extract is often used in baking, and it is also a great provider for a good quality vanilla ice cream.

Look at the included recipes to find vanilla extract used as the base for the vanilla flavor. **LOW FAT VANILLA ICE CREAM** on page 68.



Vanilla Paste

Vanilla bean paste is a real timesaver. You do not need to scrape the bean, and it is ready to use, here and now. It gives a punch to the recipe, and the wonderful beauty of the vanilla caviar in your food. And it is not as expensive as a vanilla bean pod.

If you are making the vanilla bean paste yourself, you will experience an extraordinary flavor, even better than the paste you can buy (though this is generally the case for most home cooking).

Here is how you can make your own vanilla paste:

- Place 6 vanilla bean pods in a food processor, with 1½ tablespoons of vanilla extract, and ½ a cup of agave syrup.
- Churn it all to a mix. Place a mesh strainer over a bowl and pour the mixture inside. Press on the puréed vanilla beans to get as much liquid out of them as possible.
- You should have about ⅓ of a cup of vanilla bean paste. Pour it into a jar and seal it tightly. Store it in the fridge.

Now you are ready to make the best vanilla ice cream of your lifetime. You can use this paste in most of the recipes, but here is an example: ICE CREAM WITH VANILLA PASTE on page 77.



Tahitian Vanilla

Tahitian vanilla is in a class of its own, and it is one of the few varieties of the species *vanilla tahitensis*. As the name states, it originated in Tahiti, though today most of it comes from Papua New Guinea. Tahitian vanilla is lower in vanillin, which allows its special fruity and floral qualities to come forward. This vanilla has outstanding character, and it is great with fruits and also in mild desserts, such as vanilla ice cream.

It is highly recommended.

See VANILLA SORBET on page 57, among many others.



Indian Vanilla

The next five vanilla flavors come from the *vanilla planifolia*, which is the most popular species of vanilla, and the origin of most commercially available vanilla beans on the market. These *vanilla planifolia* plants are named after their places of origin, and they all have their own characteristics.

Indian vanilla is visually impressive, plumper than other varieties, with a lot of seeds and a very dark-colored pod. Its scent may make you think of a Bourbon vanilla from Madagascar. Despite the sweet fragrance, the flavor is smoky with a bittersweet hint of chocolate.

It is absolutely worth trying.

Try VANILLA ICE CREAM WITH SOY MILK on page 55.



Ugandan Vanilla

Ugandan vanilla is also notable for its size, as is the Indian vanilla, although the color is not so dark.

The Ugandan vanilla has a sweet, winey, raisin-like fragrance, and taste, and has a potent boldness that suits rich desserts. It can stand a heavy ice cream based on lots of cream.

You can find Uganda vanilla also being called Gold Vanilla or Golden Vanilla

It is a joyful experience.

Try the VANILLA ICE CREAM WITH GOLDEN VANILLA on page 79.



Indonesian Vanilla

Indonesian vanilla is known for its intense flavor and fragrance. Because this variety is almost too strong, it is usually used blended with Madagascar Bourbon in vanilla extracts, rather than being sold whole. However, if you can get

some pure Indonesia vanilla, it will be perfect for rich recipes made with lots of butterfat, such as in mascarpone or cream, and it works well with other rich bases as well.

Looking for a great experience? Try **YOGURT VANILLA ICE CREAM** on page 56.



Mexican Vanilla

Mexican vanilla is the original vanilla, as Mexico is the birthplace of the vanilla plant. Until the mid-1950s, when a frost destroyed much of the harvest, Mexico ruled the world market with its vanilla. The flowers were, in the old days, fertilized by a specific species of bees, but now the hand-pollination technique is more common, as it is in the rest of the world. However, many of the other traditional methods are still used, and this contributes to its smoothness and complex quality, with hints of cloves and nutmeg and a woody flavor.

Mexican vanilla will make your vanilla ice cream even more memorable.

Try the **VANILLA ICE CREAM WITH HONEY** on page 65.



Madagascar/Bourbon Vanilla

Madagascar vanilla is also called Bourbon vanilla, or simply Bourbon, which is the former name of the neighboring island where it came from. It has a tremendous versatility. Madagascar vanilla has the flavor and fragrance most people associate with vanilla—rich and creamy. Because of this, most people consider this vanilla to be the mother and father of all vanillas.

A must-have in any cupboard.

Try **AUNT AUD'S VANILLA ICE CREAM** on page 59.

To sum up

Through these ten different approaches to the vanilla world, you have been shown a glimpse of what is out there. There are so many options and so many alternatives, each with their unique properties and tastes. You've now seen the making of vanilla powder, vanilla sugar, vanilla extract, and vanilla paste—and how they can each be used to make your favorite vanilla ice cream.

You have also been shown a variety of vanilla pods that are available. Some are not that easy to get a hold of, some are more within reach for most of us. The one who seeks will find, I am told. So, if you do not find the vanilla bean you would like to try in your nearest grocery store, ask them to order it or buy it online through internet stores. Today's world is so much smaller in many ways, and the opportunities are greater.

In the next chapter, you will get to see how you can mix the ingredients, and learn that there are several ways of doing it. You will probably find one that suits you best. You will also find examples of how to use them in practice, in the recipes included in this book. Turn the page and see for yourself.



CHAPTER FIVE

The Preparation—Mixing

Introduction

The process of mixing the ingredients is an important practical part of making ice cream and can affect the taste and experience of the end product. In this book, I have chosen to distinguish between “hot” and “cold” mixing methods. With a “cold” mixing method, I am referring to mixing the ingredients without any form of heating. With a “hot” mixing method, I am referring to using a form of heating during the mixing process.

You will also find some variety within these groups of cold and hot. Basically, this concerns the order in which you bring the different ingredients into the base. It is expressed by a sequential mixture like: WARM base + thickening, add sweetener and vanilla; or COLD base + thickening, add sweetener and vanilla.

Please note: the plus symbol means mix these ingredients together as one first, before adding the other ingredients.

By these different methods, you are given some options to choose from. You can choose the one that fits your personality and work habits or preferences. Do you like working quickly and efficiently for a quick process, or do you prefer to be slower and more methodical? Taking your time can be relaxing, a kind of recreation as you stir the pot and patiently wait for the base to mature and become a homogeneous mixture.

There is no doubt that the heating process provides a more mature and velvety mass, while the cold process gives a fresher and cooler feeling. Here is an overview of the outlined processes.

1. HOT base: heat the starting base, mix in the thickener, then add sweetener and vanilla
2. HOT base: heat the starting base, mix in the thickener + sweetener, then add vanilla
3. HOT base: heat the starting base, mix in the thickener + sweetener + vanilla
4. HOT base: heat the starting base + thickener, add sweetener and vanilla (all together)
5. HOT base: heat the starting base + sweetener + vanilla, mix in the thickener
6. HOT base: heat the starting base + vanilla, then mix in the thickener + sweetener (eggnog)
7. HOT base double: do one of steps 1–6, and then return the mixture to heat once more
8. COLD base: mix the starting base + the thickener + sweetener, add vanilla
9. COLD base: mix the starting base + thickener, stir in sweetener and vanilla
10. COLD base: mix the starting base + sweetener, mix in thickener and add vanilla



Hot One by One

HOT base: heat the starting base, mix in the thickener, then add sweetener and then vanilla

1. Heat the starting base
2. Stir the thickener into the starting base
3. Add your kind of sweetener
4. Add your chosen vanilla flavor
5. Cool down before freezing



Hot, Thick, and Sweet

HOT base: heat the starting base, mix in the thickener + sweetener, then add vanilla

1. Heat the starting base to fit the thickener
2. Mix the thickener and the sweetener together
3. Add the thickener and the sweetener to the starting base
4. Add your chosen vanilla flavor
5. Cool down before freezing



Hot Starting Base and All Together

HOT base: heat the starting base, mix in the thickener + sweetener + vanilla

1. Heat the starting base to fit the thickener
2. Mix the thickener, the sweetener and the vanilla all together
3. Add the thickener, the sweetener and the vanilla to the starting base
4. Cool down before freezing



Hot All Together

HOT base: heat the starting base + thickener + sweetener + vanilla (all together)

1. Mix all the ingredients together and heat as instructed for the thickener
2. Cool down before freezing



Hot Together and Thickener

HOT base: heat the starting base + sweetening + vanilla, mix in the thickener

1. Mix the starting base, the sweetener and the vanilla together and heat
2. Add the thickener
3. Cool down before freezing



Hot As Couple

HOT base: heat the starting base + vanilla, then mix in the thickening + sweetener (eggnog)

1. Mix the starting base and the vanilla together and heat
2. Mix the sweetener and the thickener (when using eggs, like eggnog)
3. Mix the couples together
4. Cool down before freezing



Hot Double

HOT base double: do one of the 1–6 mixing processes, and then return the mixture to the heat once more

1. Do one of the 1–6 steps mentioned before
2. Return the mixture to the stove and heat to 184°F.
3. Remove from the stove when the mixture has thickened
4. Cool down before freezing



Cold Sweetener

COLD base: mix the starting base + sweetener, mix in the thickener and add vanilla

1. Mix the starting base and the sweetener
2. Stir in the thickener
3. Add the vanilla of your taste
4. Ready to be frozen



Cold Thickener

COLD base: mix the starting base + thickener, stir in sweetener + vanilla

1. Mix the starting base and the thickener
2. Mix the sweetener and the vanilla of your choice
3. Mix the couples together
4. Ready to be frozen



Cold Vanilla

COLD base: mix the starting base + the thickener + sweetener, add vanilla

1. Mix the starting base, the thickener and the sweetener
2. Add the vanilla of your taste
3. Ready to be frozen

Tips—Hot Process

Heat the mixture until it thickens, but not more than to 184°F.

One way of seeing if the heating process is finished is to dip a ladle into the heated mixture, remove it gently with the back upwards, and drag your finger over the back of the ladle. If the mixture stays divided on the ladle, it is ready, and you can take the mixture off the stove.

After the heating process is finished, cool the mixture as quickly as possible.

Use a cold water bath—set the kettle into a cold bath to let the heat dissipate.

Refrigerate the mixture for a while, until it reaches the refrigerator temperature, usually about 39°F.

Tips—Cold Process

The cold process is a flexible solution. It can be used immediately or set aside in the fridge for maturation and to lower the temperature before freezing.

The vanilla flavor can be added into the mixture as the last ingredient.

To sum up

Look at the included recipes in this book to find examples on how to proceed in the mixing phase.

You have now seen several different ways of mixing the ingredients together. This mixing phase is vital to the final result. Your choice of how to mix will determine your outcome. You can use less time, or do it thoroughly. You can heat the mixture, or skip that part. You have different ways to handle this stage, all according to your preferences. Sometimes, you might think the best way is to do a short process. Sometimes, you might be in the mood for a long, substantial effort. It might depend on the chosen ingredients, and on how you like to work as a chef.

The mixing is the last step before the final step in this book, the freezing. Let's look at how you can freeze your mixture to get to your favorite vanilla ice cream.



CHAPTER SIX

The Preparation—Freezing

Introduction

The final step in making cold, delicious, refreshing vanilla ice cream is, of course, freezing it, one way or another. The choice here might be determined by finances, as there is a huge variety in the price range of ice cream makers. The cheapest way is to use the freezing compartment in your fridge or your own freezer. The most expensive machines are probably way over the limit for most households, and are normally more appropriate for a professional. Whether you choose one or the other, I can guarantee that you can make very good ice cream.

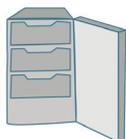
It is not expensive to make a great, well balanced ice cream.

The freezing process can be done in different ways, at different temperatures, at different stirring speeds, and so on. This affects the final result. When trying different ice cream makers, you will experience that each has its own unique output.

Basics

The colder the freezer, the faster the freezing process. This means less crystallization.

The faster the stirring, the creamier the base. This means that more air is whipped into the ice cream mixture.



The Freezer

A freezer is the ice cream maker's best friend. Actually, all you need is a freezer to create your own favorite ice cream. What ice cream machines do is stir while the mixture is freezing, and the stirring can be done by hand when you're using a freezer. The heavier the ice cream base, the less stirring needs to be done. And if your mixture is really heavy, you would probably prefer not to use an ice cream machine, as the base is too heavy for some machines. So, a freezer might be your best choice of freezing method from time to time.

If the mixture is full of mascarpone or other heavy stuff, you do not need to stir while freezing.

If you make a more normal or a light ice cream, you will probably prefer to whisk the mixture two to three times as the freezing process goes on, which will normally take from four to six hours, depending on how cold the freezer is.



Freezer Cubes

Another way to use an ordinary freezer for making ice cream is to pour the ice cream into smaller compartments to make ice cream cubes. Then, when they are frozen, you take them out and put them into a food processor, and churn them until they reach the desired consistency. This might be your favorite method if you have a food processor that is able to handle ice cubes. It is easier and quicker than freezing all the mixture as a whole, and you can have ice cream ready for any occasion *in a minute*.



Hand-Cranked

If you enjoy the virtue of hard work, a hand-cranked machine might be the answer. Some purists want to feel the ice cream and be more closely involved in the process, all the way to the final product of a delicious ice cream. A hand-cranked ice cream machine is, therefore, considered a must. These versions are not easy to get a hold of nowadays. If you have the opportunity, I would recommend that you go ahead and try it out.

The hand-cranked ice cream maker has a nostalgia to it. You need a fair amount of salt and ice, and, of course, some extra time to enjoy the creation of a historical ice cream. This is how grandma and grandpa made ice cream.



Stand Mixer Addition

When looking into the ice cream machines that are available, you will see there are a lot to choose from. Many families have a KitchenAid® or Kenmore® stand mixer for baking cakes and bread. These machines often have additional functions, for which you can purchase attachments. One of them is an ice cream bowl. For example, Kenwood® has a bowl you put on top of the existing bowl. Together with the special lid and the paddle, you have an ice cream machine. This might be handy if you would like to use your existing appliance.

The ice cream bowl is to be kept in the freezer for a minimum of twelve hours before use. It is quite thin and the freezing capacity is small, compared to other machines.



Pre-Freeze Bowl

There are many different brands available in this segment: ice cream machines for home cooking. Cuisinart®, Krups®, Philips®, etc. When traveling the world, I have noticed that there are different brands available in

different places. I have had a lot of fun with the machinery from Krups, as these are the best available in my region. I have worn out some of them over the years, as they have been used quite extensively.

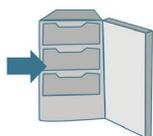
From these, you will get about quarter of a gallon (1 liter) of finished ice cream.

The bowl is kept in a freezer for a minimum of twelve hours, and then it is ready to be used. It comes with a lid, an engine, and a paddle. You assemble it, and press the start button. Pour in the mixture. After about twenty minutes, you will have your ice cream ready to eat, or to be put into the freezer for eating later.

I usually eat the ice cream right out of the machine, and serve it to my family and friends who want a taste of freshly-made ice cream.

After use, I wash the bowl carefully with soap and water, dry it, and leave it in the freezer so that it is ready to be used whenever I want it again.

It is important to carefully wash all the components, yet not dip the engine into water.



Built-In Freezer

Ice cream machines with a built-in freezer are also an option. The advantage of these is that you do not have to pre-freeze a bowl before making ice cream. You just start the unit and after a few minutes, your machine is ready to make your ice cream. You can also make several batches, one after the other, and this gives you the ability to produce more of your favorite ice cream or produce different flavors each time.

You will find brands as such as Gaggia® for the consumers market and Carpigiani® Pronto for the professional market. Machines for the professional market are built to produce multiple batches, and are more expensive but better quality, and produce the ice cream in less time. For instance, the Carpigiani Pronto takes about ten minutes to finish the ice cream, while machines for the consumer market take

about twenty to thirty minutes. This should be quite all right for the normal household.

These machines are more expensive than the ones using a pre-freeze bowl, but the cost has substantially dropped over the years.



Pacojet®

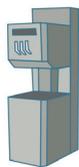
Pacojet is a high end, Swiss-made food processor. It's very high-powered, and can blend frozen foods into purées without first having to thaw them. It's also used to make soups, sauces, and other things for which you would use a food processor. It has enough power to churn deep-frozen ice cream bases into fresh ice creams and sorbets in a moment.

All you have to do to prepare is to blend your ingredients, put the mixture into the canister, and leave it in the freezer for a while—and you have a frozen base ready to be used whenever you would like to serve ice cream. If you like to have different ice creams, you just keep other canisters frozen as well; then you have more to choose from.

When you are ready to serve the ice cream, take the canister out of the freezer and let the Pacojet churn for a couple of minutes, and then, you will be ready to serve your stuff.

The unit produces individual ready-to-use portions, which can be handy for serving the exact amount of ice cream you would like to serve. No waste is involved. This is good for the economy and the environment; however, the investment cost is substantial.

If you have the resources to purchase a Pacojet I would recommend one, as it can be used for more than making great fluffy ice cream.



Carpigiani® GK3

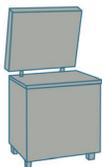
There are different producers of ice cream machines, as described earlier. This is also the case in the professional segment of the industry. I have chosen to present the Carpigiani, as it is a high-quality machine. It comes from the country

most of us think about when thinking about ice cream, Italy, and these machines are used in many places around the world. Italy is known for its pizza, yet I am told that most of the Italians see ice cream as their number one dish. Ice cream is in the heart of the Italians.

The Carpigiani GK3 is their most advanced unit for the combined production of shakes and soft ice cream.

This machine serves two purposes, yet the mechanisms for shakes and soft freezing are fully independent. As the machine has a full pasteurizing and shake-dispensing system, you have a lot of functionality in one unit to enjoy. It has lots of great qualities and would be a natural choice for a café or other small ice cream seller.

For the real enthusiast with the resources, why not buy one for yourself and start serving friends and neighbors your favorite ice cream?

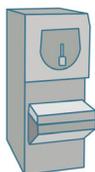


Carpigiani® FantaStick

The Carpigiani FantaStick is a professional freezing unit for making *gelato* (the Italian word for milk-based ice cream), regular ice cream, and sorbet on a stick.

It's a convenient blast freezer. The molds are easily filled from above. Because cold air sinks in and the molds are filled through an opening on top, the cold temperature remains in the freezer, and the freezing process is relatively fast. This reduces the crystallization, and makes the best possible sticks on the market.

You can also make ice cream cakes in this machine.



Carpigiani® Labotronic RTL

Carpigiani Labotronic RTL machines are said to be the most complete electronic batch freezers on the market.

They are constructed to make the work of a professional ice cream maker easy and flexible, according to different needs and seasons.

You can choose how much ice cream you would like to produce between a minimum and maximum limit. You can make rich dairy ice cream or delicate fruit sorbet. You can choose the final consistency of your ice cream, and so on. This is a powerful tool for an ice cream maker to work with, to serve ice cream to hungry, frozen-dessert loving people.

You will find different brands in this segment, and the industry is continuously researching to improve their functionality and provide the best possible machines to their customers. These machines are used all over the world by ice cream bars, gelaterias, fast-food chains, and so on.

Of course, these machines are top notch and are priced over the limit for most households. For an ice cream bar, it is a must.

To sum up

We have now investigated a variety of freezing methods and a selection of freezing machines. From the ordinary freezer, which most people in the industrialized world have in their homes to manual machines, pre-frozen bowls, and machines with a built-in freezer. Some are sold to the home market and some to restaurants. Some are made for ice cream bars all over the world.

There are also machines for industrial mass market production which are not presented here.

One major deciding factor is the pricing of the machines, and another is how the quality of these machines affects the outcome of the ice cream. They all have their advantages and you will find lots of machines to choose from, depending on how much you are willing or able to pay. But remember, even with the small cheap machines, you will be able to make great ice cream, so you are hereby advised to continue on your way. Keep testing out the recipes and decide which is your favorite vanilla ice cream, whether your budget is low or high.

Enjoy your ice cream and the process of finding your favorite one!

CHAPTER SEVEN

Recipes

Introduction

What is the optimal vanilla ice cream? The answer varies from person to person. For my part, I have come to an affordable, simple and tasty mix that combines freshness and flavor—though a bit at the expense of structure and softness, as I choose to mix the ingredients cold without introducing heat. This is one I make regularly.

Ingredients:

- 2 cups whole milk
- ½ cup heavy cream
- 2 egg yolks
- ½ cup sugar
- 2 teaspoons vanilla sugar

Initially, I whisk sugar and egg yolks into an eggnog texture—to get air into the mixture, and then mix in the remaining ingredients, usually vanilla sugar at the end. Now, I will stir everything together for only a minute—and right into my Krups ice cream machine it goes.

The result is close to the perfect vanilla ice for me, as an *everyday* ice cream.

This recipe is duly considered to hold a good balance of fats, sugar, “water,” and additives. You can see the formula in the *Ices* book, which,

incidentally, is a book well worth exploring for those who seek a deeper understanding of the chemistry behind the composition of ice cream. *Ices* was my first, and probably still is one of my favorites, in the ice cream area.

In the next few pages, you will be presented with several recipes illustrating a variety of techniques and hopefully, you'll find one that you especially enjoy.

Turning the pages, you will find examples of recipes and combinations that will make it easy to get started. Here, you will find recipes for light ice cream, easy-to-make ice cream, rich ice cream, lengthy ice cream, ecological ice cream, and more to come.

These recipes will also be a great basis for those who want to investigate further and deeper into the cave of creamy ice. So, here are some examples of vanilla ice cream you can start playing with.

VANILLA ICE CREAM WITH LOVELY CONSISTENCY AND A RICH TASTE

If you want to achieve a deliciously silky consistency, you need to heat the ingredients to a homogeneous blend. This is one of the varieties with which I have had the most success, especially when it comes to consistency and fullness in vanilla flavor.

Ingredients:

- 6 medium egg yolks
- 3 cups milk
- 1 cup double/heavy cream
- 2 vanilla pods
- 4 oz. homemade vanilla sugar
- 2 teaspoons vanilla sugar

Method:

1. Whip the eggs
2. Mix the remaining ingredients in a saucepan or a kettle, and heat until the mixture reaches about 184°F
3. Remove the vanilla pods
4. Mix the mixture into the bowl with eggs
5. First, cool the bowl in cold water and then refrigerate
6. Once the mixture is chilled, run it in the ice cream maker

Comments:

This will provide you with a luscious, velvety consistency and an extraordinary depth of vanilla taste.

VANILLA PARFAIT

This is a traditional cold-mixed ice dessert. It is quite simple to prepare, but requires some freezing time. That being said, it can be frozen into any desired shape, which makes it a good-looking dessert after a meal.

Ingredients:

- 2 cups whipping cream
- 5 egg yolks
- ½ cup powdered sugar (finely ground cane sugar)
- 3 teaspoons vanilla extract

Method:

1. Whip the cream and refrigerate until needed
2. Whisk the egg yolks, powdered sugar, and vanilla sugar until it is fluffy
3. Carefully fold the whipped cream into the egg mixture
4. Pour into desired shapes
5. Place in the freezer for at least 4–6 hours
6. When finished, dip the outside gently in lukewarm water for a few seconds
7. Flip the parfait on a platter and serve

Comments:

This is an easy way to make vanilla ice cream without an ice cream machine. I usually make this one in a simple manner in the freezer compartment at the top of the refrigerator, or at home in my big freezer.

VANILLA ICE CREAM WITH SOY MILK

Soy has a number of characteristics and qualities that many people appreciate. Soy milk is also used to make dairy-free ice cream. It is low fat, which makes the ice cream slightly harder and less creamy, but the taste is still superb.

Ingredients:

- 2 cups soy milk
- ½ cup soy cream
- 4 egg yolks
- 2 teaspoons cornstarch (corn flour)
- ½ cup sugar
- 1 vanilla bean

Method:

1. Split the vanilla pod in half, and scrape out the vanilla seeds
2. Pour all ingredients into a saucepan, including the vanilla bean and seeds
3. Heat it to 184°F while stirring
4. First, cool the pan in cold water and then refrigerate
5. When the mixture is chilled, run it in an ice cream maker

Comments:

This will provide a vanilla ice cream that combines the pleasant vanilla taste with the special health benefits of soy.

YOGURT VANILLA ICE CREAM

This pleasantly acidic variation of vanilla ice cream uses a yogurt base. A blend of tart, fresh, and sweet ice cream with a vanilla taste; this recipe is a hit for many ice cream lovers.

Ingredients:

- 1 ¼ cups natural yogurt
- 1 cup yogurt
- 1 cup water
- ½ sheet gelatin or 1/4 ts gelatin powder
- ½ cup sugar
- ½ oz. yacón syrup
- 1 vanilla bean

Method:

1. Soak the gelatin for 10 minutes in a bowl of water
2. Split the vanilla pod in half and scrape out the vanilla seeds
3. Mix sugar, yacón syrup, water, and vanilla bean in a saucepan
4. Boil everything to a smooth blend
5. Remove the pan from the heat
6. Remove the gelatin from the water and melt it into the hot sugar mixture
7. First, cool down the kettle in cold water and then refrigerate
8. Remove the vanilla pod
9. Add the yogurt
10. Freeze the mixture until firm and creamy, or at least 1 hour before serving

Comments:

There are a lot of new ice cream bars, and many of them use a yogurt base. This recipe is a nice option if you want to make yogurt ice cream at home.

VANILLA SORBET

A less expensive vanilla ice is hard to find. It is also relatively low in calories, as it is completely fat-free. Here, only the gelatin and sugar contribute to the calories. A lot of people prefer sorbet with its fresh taste and light texture. Traditionally, sorbets are often flavored with berries and fruits. Here, we have a sorbet flavored with the refined taste of the *vanilla tahitensis* orchid plant.

Ingredients:

- 2 ½ cups water
- 1 sheet gelatin or ½ ts gelatin powder
- ½ cup sugar
- ¼ cup glucose
- 2 Tahitian vanilla pods

Method:

1. Split the vanilla pod and scrape out the seeds
2. Mix the pod, seeds, water, glucose, and sugar in a boiler
3. Let it simmer for up to 10 minutes
4. Remove the pan from heat and let it cool
5. Meanwhile, soak the gelatin in a bowl of cold water for 10 minutes
6. Take the gelatin out and mix it into the hot mixture
7. Strain it all and place it into the refrigerator until thoroughly chilled
8. Run in an ice cream machine

Comments:

Vanilla sorbet is a great dessert for hot weather. Sorbets fit nicely as an aperitif or between courses at a dinner party. It can be a resting course, or simply a refreshing finish to a meal.

VANILLA SOFT ICE

Soft ice is characterized with a lovely soft texture. How do you make this happen? Such soft and lofty ice cream! This recipe comes very close to commercial soft ice. The secret is in the liquid sugar in the form of glucose, dextrose, or corn syrup.

Ingredients:

- 1 ½ cups whole milk
- 1 cup double/heavy cream
- 1 egg
- ½ cup sugar
- ½ cup glucose
- 2 teaspoons vanilla extract

Method:

1. Heat the milk just before it gets to the boiling point and remove from heat
2. Whisk the eggs and sugar in a bowl until they are fluffy
3. Pour the hot milk gently over the egg mixture, stirring constantly
4. Pour mixture back into the saucepan and warm up to 184°F
5. Remove the pan from heat and stir in the glucose
6. First, cool down the kettle in cold water and then refrigerate
7. Mix in the heavy cream and vanilla extract
8. Run in an ice cream machine

Comments:

The soft ice tastes truly delicious, with or without toppings.

AUNT AUD'S VANILLA ICE CREAM

My Aunt Aud always impresses people with her culinary skills. She is famous for her service as a longstanding chef of the health institution Bjørnang in Skogn, in mid-Norway. With her background, it was quite natural for me to ask her if she had any experience making vanilla ice cream. Here is her recipe:

Ingredients:

- 2 cups cream
- 1 cup water
- 1 cup sugar
- 1 vanilla bean

Method:

1. Split the vanilla pod and scrape out the seeds
2. Boil the water and sugar with the vanilla for a few minutes and then cool
3. Whip the cream
4. Fold the sugar mixture into the whipped cream
5. Pour into a loaf-shaped tin and cover with plastic wrap
6. Place in the freezer until frozen
7. Stir once after 1-2 hour of freezing
8. Thaw in the refrigerator for 10 minutes before serving
9. Serve sliced

Comments:

My aunt's recipe is easy, simple, rich, and flavorful. It works for those who do not have a separate ice cream machine, and is ideal for large events. You can make a batch as large as your freezer is able to fit.

VANILLA CREAM ICE

On June 28, 2007, I wrote the following in my diary:

“Today, I made vanilla ice cream with a good taste and fine texture. Single cream has been shown to provide an additional touch compared to standard cream.”

Ingredients:

- 1 ½ cups whole milk
- 1 cup single cream/coffee cream (10% fat)
- 1 egg white
- 3 egg yolks
- ½ cup homemade vanilla sugar
- 2 teaspoons of another vanilla sugar

Method:

1. Whip the egg yolks and egg white
2. Whip in the homemade vanilla sugar
3. Add the milk and single cream
4. Freeze in the good old Krups machine

Comments:

A direct hit! My wife, Else Gunn, who is usually not so excited about ice cream for some reason, found this ice cream to be very good! I got the same reaction from my youngest daughter, Maria. Their plates were wiped clean!

STRONG SHAPED VANILLA ICE

This ice cream really holds its shape well and for a longer period of time. The gelatin makes it less prone to melting. I also find a lot of people love the taste of boiled milk in this ice cream.

Ingredients:

- 1 ¼ cups whole milk
- 1 ¼ cups whipping/heavy cream
- 2 sheets gelatin, or 2 teaspoons gelatin powder with 4 teaspoons water
- ½ cup sugar
- 1 pinch salt
- 2 teaspoons vanilla extract

Method:

1. Pour water into a medium-sized bowl
2. Whisk in the gelatin
3. Heat the milk to just below the boiling point and remove the pot from heat
4. Mix the sugar and salt into the milk until it is dissolved
5. Pour in the gelatin mixture while stirring
6. Cool the mixture in the refrigerator
7. Mix in the cream and vanilla extract
8. Run in an ice cream machine

Comments:

This ice cream is relatively quick and easy to make, despite the fact that you have to heat some of the ingredients. The fine and strong-shaped texture is also worth the experience.

VANILLA ICE CREAM CHEESE CAKE

Few things are more rewarding on a formal occasion than a ready-made cake that you can take right out of the freezer. This recipe combines a cheesecake, vanilla ice cream, and an ice cream cake all in one, and will definitely make a long-lasting impression with your guests. It's a great end to any meal.

Ingredients:

- 2 cups whipping cream
- 7 oz. cream cheese
- 4 large eggs, separated
- 2/3 cup of sugar
- 2 teaspoons vanilla extract
- 3 digestive biscuits

Method:

1. Beat the egg whites
2. Mix the vanilla with the cream, and whip until stiff peaks form
3. Beat the egg yolks with the sugar until they are fluffy
4. Gently mix the cheese into the egg mixture
5. Gently fold in the whipped egg whites
6. Gently fold in the whipped cream
7. Crumble the biscuits and sprinkle half on the bottom of a form
8. Pour the ice cream over the biscuits
9. Top with the remaining crumbled biscuits
10. Immediately place in the freezer and let it set overnight
11. Remove the vanilla cheese ice cream cake at least 15 minutes before serving
12. Roll the cake onto a platter
13. Garnish as desired

Comments:

This is an amazing dessert to serve on a special occasion, but also makes a great option to take to a dinner party when you want to surprise your host with a delicious treat.

VANILLA PARFAIT WITH FRUCTOSE (OR AGAVE)

If you prefer to use low-glycemic index foods, fructose is a great option. Low-GI foods keep your blood sugar levels steady, which helps your body avoid major fluctuations. This yummy vanilla parfait is made with fructose.

Ingredients:

- 2 cups cream with about 36% fat
- 5 egg yolks
- ½ cup fructose (alternatively agave nectar/syrup)
- 1 vanilla bean, with seeds scraped

Method:

1. Beat the yolks, fructose, and vanilla into a thick and fluffy eggnog, preferably in a bowl over a pan with hot water (approximately 158°F)
2. Remove from heat and continue whipping the egg mixture until it cools to room temperature
3. Whisk the cream until stiff, and fold it into the egg mixture
4. Pour the mixture into a desired shape and freeze

Comments:

A vanilla parfait is easy to prepare, easy to freeze, and great to serve to all types of guests.

Made with fructose, this ice cream is even more pleasurable because you don't have to feel guilty about it!

TASTEFUL VANILLA ICE CREAM

Using a homemade vanilla-infused sugar creates a full-bodied, tasty vanilla ice cream. This recipe uses a combination of whole eggs and cream.

Ingredients:

- 1 ½ cups whole milk
- 1 cup whipping cream
- 2 whole eggs
- ½ cup homemade vanilla sugar
- 2 teaspoons vanilla extract

Method:

1. Beat the eggs with the vanilla until the sugar is dissolved, around 1–2 minutes
2. Next, whisk in the milk
3. Finally, add in the cream and vanilla extract (the extract deepens the flavor)
4. Stir it all together, and run through an ice cream machine

Comments:

The result is a lovely ice cream with a great depth of vanilla flavor.

Tip:

You can make homemade vanilla sugar by splitting a few vanilla beans lengthwise, scraping their seeds, and putting it all into a jar. Fill the jar with sugar, seal it, and let it infuse for at least a week. This process infuses the sugar with a great vanilla flavor.

VANILLA ICE CREAM WITH HONEY

It is always exciting when you experiment with new flavors and new ingredients. Will it work? Will it taste good? In my experience, the end result is usually good when you use good-quality, fresh, and healthy ingredients. This vanilla ice cream is sweetened with honey. There are lots of honey varieties to choose from, and some of them are so mild that they taste very similar to the cane sugar that we're used to. Try a honey with a more pronounced taste, like acacia.

Ingredients:

- 1 ½ cups cream
- 1 cup whole milk
- 3 egg yolks
- 1/3 cup honey
- 2 teaspoons Mexican vanilla extract

Method:

1. Mix all ingredients using your favorite method and freeze.
Enjoy with your favorite toppings

Comments:

The honey makes a clear mark on the ice cream and has a stronger flavor than regular cane sugar. I prefer this recipe with a combination of a little bit of honey and a different sweetener with a less distinctive flavor.

VANILLA ICE CREAM WITH SWEETENED CONDENSED MILK

Sweetened condensed milk is a magic ingredient that works well, even if you do not have an ice cream machine at hand. It makes a creamy and velvety vanilla ice cream.

Ingredients:

- 1 2/3 cups sweetened condensed milk
- 2 1/2 cups cream
- 2 teaspoons vanilla extract

Method:

1. Mix all ingredients in a bowl, and whisk until the mixture thickens like cream
2. Pour into a loaf-shaped pan, cover with plastic wrap, and place in the freezer for about 6 hours
3. Let the ice cream soften up in the fridge for around 30 minutes before serving

Comments:

This is simple and lovely ice cream. It is suitable for any occasion, if you have a few hours to get ready before serving.

Tip:

Press a piece of plastic wrap over the surface of the ice cream. This prevents air from reaching through to the ice cream, which can cause crystallization.

RAW VANILLA ICE CREAM WITH COCONUT MILK

This is a fresh and easy vanilla ice cream that vegans can enjoy. You can use an other sweetener than honey, if you are not having honey as a part of your vegan diet. All the ingredients are raw and may well be organic.

Ingredients:

- 2 ½ cups coconut milk
- 2–3 pods vanilla
- ½ cup raw honey
- 1 pinch salt

Method:

1. Slice the vanilla pods lengthwise and scrape out the vanilla seeds
2. Mix the vanilla seeds and the rest of the ingredients together
3. Pour the mixture into an ice cream machine

Comments:

A delicious ice cream that is very healthy and filled with nutrients.

Tip:

If you like it sugar-free, skip the honey.

LOW FAT VANILLA ICE CREAM

Just because you're following a low-fat diet, it doesn't mean that you should refrain from a good vanilla ice cream. By using skim milk or low-fat milk, the ice cream is significantly low in fat, but still filled with protein and essential nutrients.

Ingredients:

- 2 ½ cups skimmed or low fat milk
- 4 teaspoons low-calorie sweetener
- 2 teaspoons vanilla extract

Method:

1. Mix the ingredients together
2. Freeze in an ice cream machine according to your personal preference

Comments:

You can really enjoy this ice cream without gaining any weight. Isn't this the best news in the world?

Tip:

There are plenty of low-calorie sweeteners available, so use one that best fits your needs. Good options are stevia, Sukrin®, FOS, or Xylitol.

MAPLE VANILLA ICE CREAM

The combination of maple syrup and a bit of honey gives this ice cream a rich flavor and a great consistency. Maple syrup has a relatively strong flavor compared to other more delicate sweeteners, so if you're not crazy about it, this might not be the best recipe for you. But, if you do like maple syrup, you will definitely love this recipe!

Ingredients:

- 1 2/3 cups cream
- 1 cup whole milk
- 2 egg yolks
- ½ cup maple syrup
- 1 teaspoon honey
- 1 teaspoon vanilla extract
- 1 vanilla bean (seeds)
- 1 pinch salt

Method:

1. Mix the ingredients cold, freeze in a desired manner, and enjoy

Comments:

For those who prioritize raw food items, this recipe is well worth a try.

VANILLA ICE CREAM WITH A SPECIAL BLEND OF LOCUST BEAN GUM, CARRAGEENAN, AND XANTHAN GUM

This ice cream uses a unique mixture of thickeners. These ingredients are usually associated more with a professional kitchen than the usual household. Nevertheless, if you can get a hold of these ingredients, the recipe is well worth testing out. The composition provides a stable ice cream without adopting eggs, gelatin, or other thickeners.

Ingredients:

- 2 cups whole milk
- ½ cup heavy cream
- 1/10 teaspoons (0.4 gr) locust bean gum
- 1/8 teaspoons (0.6 gr) xanthan gum
- 1/20 teaspoons (0.2 gr) carrageenan
- 3 teaspoons milk powder
- ½ cup sugar
- Vanilla of your choice

Method:

1. Mix all the dry ingredients together and stir into the liquids
2. Choose a hot mix method and freeze as desired

Comments:

This is a great eggless ice cream that still retains the fullness and texture from a traditional, egg-based ice cream.

LOW CARB VANILLA ICE CREAM

The zero GI in the Sukrin®, FOS or likewise combined with a rich flavor makes this recipe a winner. If you seek steady blood sugar levels without compromising taste, your dreams have come true—this homemade vanilla ice cream tastes heavenly.

Ingredients:

- 1 ½ cups whipping cream
- 3 whole eggs
- 1/10 teaspoon Sukrin
- 2 teaspoons stevia
- 2 teaspoons vanilla essence/extract
- 1 vanilla bean (optional)

Method:

1. Whip the cream until soft peaks form
2. Whisk eggs, Sukrin, and stevia until it is fluffy
3. Gently mix everything together, including the vanilla essence and the seeds from the vanilla bean
4. Freeze in your desired manner, preferably in an ice cream machine

Comments:

This ice cream recipe might be attractive for those who are seeking alternatives. This is a good alternative to regular ice cream made with granulated sugar.

FARMERS' MARKET VANILLA ICE CREAM

Nowadays, more people are looking for products made in the traditional way with the best ingredients. Small production units are popping up. Farmers with easy and close access to basic commodities are starting to produce some of the best quality ice cream.

This recipe is created with this idea as the starting point.

Ingredients:

- 1 2/3 cups whole milk
- 1 cup double cream
- 3 egg yolks
- 2 teaspoons locust bean gum
- 2 tablespoons skimmed milk powder
- ½ cup sugar
- 1 Bourbon vanilla pod

Method:

1. Slice the vanilla pod longside and scrape out the vanilla seeds
2. Heat the milk and vanilla pod just below the boiling point
3. Mix the eggs, sugar, locust bean gum, and skimmed milk powder until the mixture turns pale and fluffy
4. Gently pour the hot milk over the egg mixture and stir
5. Pour the mixture back into the saucepan, and reheat up to 184°F
6. Remove from heat and cool in cold water, and then refrigerate
7. Remove the vanilla pod and blend in the whipped cream and the vanilla seeds
8. Freeze in an ice cream machine

Comments:

This recipe makes a really good ice cream with the same rich and fluffy consistency you might get from a professional ice cream bar.

VANILLA ICE CREAM WITH COCONUT BLOSSOM SUGAR

Coconut contains many health benefits. Coconut blossom sugar has become a really popular sweetener—it has a rich taste and the amount needed to reach the desired sweetness is small.

Ingredients:

2 cups cream
4 egg yolks
2 teaspoons coconut blossom sugar
Vanilla

Method:

1. Simply make the ice cream using a hot or cold method, as desired

Comments:

A powerful ice cream with a small amount of sugar and a slight caramel flavor.

INTENSE VANILLA ICE CREAM WITH GUAR GUM

The flavor of vanilla is more intense when the egg is replaced with other thickeners. With a suitable dose of guar gum, the consistency and structure will be very good, but too much guar might give it a syrupy mixture. Here is a nice mix.

Ingredients:

- 1 ¼ cups low-fat milk
- 1 ¼ cups cream
- ½ teaspoon guar gum
- 1 cup sugar
- 1 vanilla bean

Method:

1. Mix the guar gum with the sugar, and add in some milk while stirring
2. Cook with your desired method and freeze

Comments:

This ice cream is soft and delicious with an intense vanilla taste.

VANILLA ICE CREAM WITH ARROWROOT AND YOGURT

The yogurt makes this ice cream taste really fresh and pleasantly tart, while the arrowroot gives it a smooth and tempting consistency.

Ingredients:

- 2 2/3 cups natural fresh yogurt, unflavored
- 2 teaspoons arrowroot
- 3 tablespoons honey
- 1 tablespoon maple syrup
- 2 teaspoons vanilla extract

Method:

1. Mix all ingredients together without heating
2. Freeze with the method that suits you best

Comments:

Yogurt with honey and maple syrup is a delectable combination.

VANILLA ICE CREAM WITH MASCARPONE

Mascarpone serves as the base for a truly powerful ice cream, considering all the calories. This is a real calorie-bomb, and is best enjoyed only on special occasions and holidays. A few tablespoons will probably satisfy most people, but for the rest (myself included!) this recipe is a hidden treasure and always ends with a mandatory licking of the bowl.

The high-fat content from the mascarpone makes this ice cream incredibly silky and amazingly tasty.

Ingredients:

- 1 ¼ cups whole milk
- 11 oz. mascarpone
- 3 egg yolks
- ½ cup sugar
- 2 Indonesian vanilla pods

Method:

1. Mix all ingredients together, except for the mascarpone
2. Warm the mixture on the stove until it reaches 184°F
3. Let the mixture cool down for at least 5 minutes before mixing in the mascarpone
4. Whisk until the mascarpone dissolves and blends well with the rest of the ingredients
5. Freeze as desired—either straight in the freezer or run through an ice cream machine

Comments:

This ice cream tastes just like good, old-fashioned, best-quality vanilla ice cream.

Tip:

We used 2 vanilla pods to achieve the perfect balance between good flavor and a powerful base.

ICE CREAM WITH VANILLA PASTE

Vanilla paste provides great flexibility in cooking. It has most of the same characteristics as the vanilla pod and is not sweetened like vanilla sugar. In this recipe, it is used as an additive, as the last ingredient added into the mix, like vanilla sugar often is.

Ingredients:

- 2 cups milk
- 1 cup cream
- 1 egg yolk
- 1 pinch salt
- 2 tablespoons cornstarch
- ½ cup sugar
- 2 teaspoons vanilla paste

Method:

1. Mix together salt, cornstarch, and sugar in a large, heavy-bottomed saucepan
2. Gradually whisk in the milk and cream and warm the mixture, making sure not to go over 184°F
3. Be patient and cook the mixture until it thickens up nicely, then remove it from heat
4. Whisk in the egg yolk, stirring constantly, to prevent the yolk from scrambling
5. Mix in the vanilla paste, and place the mixture in the fridge to cool down
6. Freeze in an ice cream machine

Comments:

The salt adds a nice depth and highlights the flavors of the ice cream.

VANILLA ICE CREAM WITH INDIAN TRAGACANTH

Minced Indian tragacanth is often used in marzipan, chocolates, and caramels. This relatively expensive thickener makes a special version of vanilla ice cream.

Ingredients:

- 2 cups whole milk
- ½ cup heavy cream
- ½ cup sugar
- 1 teaspoon Indian tragacanth
- 1 teaspoon Mexican vanilla bean

Method:

1. Mix all ingredients together
2. To get the most out of the tragacanth, warm the ingredients together while whisking constantly, until the mixture is smooth and homogenous
3. Freeze in an ice cream machine

Comments:

It is exciting to test and research various specialty ingredients. In this recipe, the results are impressive.

VANILLA ICE CREAM WITH “GOLD” VANILLA

Uganda is emerging as a major supplier of high-quality vanilla. Therefore, we will follow a special recipe based on vanilla from Uganda alone. Some call it the Uganda Gold.

Ingredients:

- 1 2/3 cups whole milk
- 1 cup coffee cream
- 3 egg yolks
- ½ cup sugar
- 1 Uganda Gold vanilla bean

Approach:

1. Split the vanilla pod in half lengthwise and scrape out the seeds
2. Combine the pod and the seeds with the milk, cream, and half of the sugar in a heavy-bottomed pan
3. Warm it all up carefully while constantly mixing up to 184°F
4. Remove from heat
5. Whisk the egg yolks and remaining sugar
6. Gently mix the hot milk into the yolks, while constantly stirring
7. Leave the mixture to cool for a while
8. Freeze in an ice cream machine

Comments:

The vanilla taste evolves lovely with the delicate milk base—and you get a nice taste of a type of vanilla that is somewhat unknown for many of us.

AMERICAN VANILLA ICE CREAM FROM 1915

Americans gladly take things a few notches higher than the rest of the world. This recipe comes with a relatively large amount of sugar and high-fat content cream. This makes it a favorite among palates from all over the world.

This is a good old-fashioned method taken from an American ice cream cookbook from 1915, and can be equally applied as well today.

Ingredients:

- 2 cups cream
- 3 egg yolks
- 6 oz. sugar
- ¼ cup water
- 1 teaspoon vanilla sugar

Method:

1. Beat yolks and vanilla sugar
2. Boil sugar and water to a clear syrup
3. Mix the two together—whip until the mixture is cooled and stiff
4. Whip the cream and fold into the yolk mixture
5. This can be put right in the freezer or churned through an ice cream machine.

Comments:

There is a reason why classics are always a favorite—the good old methods work equally lovely today.

Tip:

Put the mixture straight into the freezer, making sure the cap and/or plastic film fits tightly on top of the mixture.

VANILLA ICE CREAM WITH A VARIATION OF MILK PRODUCTS

Using several similar ingredients gives the ice cream a full and interesting result, whether you are using several different vanilla flavors together, or, as in this case, using several milk products simultaneously. In this recipe, you will find coffee cream, condensed milk, and whole milk. The mixing ratio is 6 parts coffee cream, 5 parts condensed milk, and 4 parts milk.

For convenience, you can also use equal parts of the three different ingredients—with 1 cup of each.

Ingredients:

- 1 cup cream (20% fat)
- 1 cup condensed milk (about 10% fat)
- ½ cup whole milk (4% fat)
- 1 sheet gelatin or ½ ts gelatin powder
- ½ cup sugar
- 2 teaspoons vanilla extract or vanilla powder

Method:

1. To get the best results with the gelatin, heat all ingredients together and then stir in the soaked gelatin sheet. Alternatively, heat only the milk, mix in the gelatin, and then add in the remaining ingredients.
2. Cool and freeze using your desired method. This base also works relatively well if you don't have an ice cream machine, or want to put it directly in the freezer.

Comments:

This vanilla ice cream looks good, has a lovely taste, and a soft texture. It will probably be a hit with many.

To sum up

You have now been presented a good portion of vanilla ice cream recipes. Some were light, and some were heavy. Some were velvety, and some were icy. Some were expensive, and some were fairly priced. Some are modern, and some are old-fashioned. Some are good, and some are great.

We bet that you have a few vanilla ice cream recipes you would like to try out immediately, and hopefully, you will find one that best suits your taste; a true favorite. Feel free to tweak the recipes a bit, and find the one that you will love the most. Maybe you will create something new all on your own!

On the next page I have created a scheme to support you in the process of making your chosen ice creams, whether from this book, your own creations or other recipes you will pick up along the way. To download Your Personal Favorite go here: www.karlmelby.com/download/ypf

Please turn the page once more and we will wrap it all up for now in the afterword.

CHAPTER EIGHT

Afterword

Vanilla-flavored ice cream has been a winner throughout the generations. One might ask why exactly this spice has made such a visible imprint in the world of ice cream. Perhaps it is the delicate, light, piquant, retracted, and sublime flavor. Along with the sweet neutral ice cream mixture, vanilla rises at a small and adequate level. The base and vanilla complement each other in a perfect way.

Adults and children love the taste of vanilla.

Vanilla has been, and still is, a classic. Any ice cream bar has a minimum of one vanilla ice cream flavor. So far, I have never experienced coming to an ice cream parlor without finding a variation of the classic vanilla ice cream. And it is made in different ways. On one occasion in Amsterdam, there was an ice cream bar serving only one sort of ice cream. Guess which flavor it had . . . vanilla. And there was a long line of people standing outside waiting for it.

Whoever makes vanilla ice cream for sale or to eat at home can rarely fail. It is virtually guaranteed to be a hit. So, why not get a little better acquainted with the many opportunities that lie here? Go deep. Go wide. Move in and see the inherent diversity in these simple successful recipes.

You have also been given some examples of what may be good alternatives. You can make them yourself. Through thirty recipes, you have been introduced to different types of vanilla and shown a varied

number of bases. Everything from ordinary milk bases, cream bases, and mixing bases to water bases, yogurt bases, and more. And the vanilla flavors come from different countries and districts, prepared for use in different ways.

I hope you have enjoyed your journey into the deep wide world of vanilla ice cream, and will enjoy it even more in the days ahead, whether you have others make it for you, or if you make it yourself. Please enjoy!

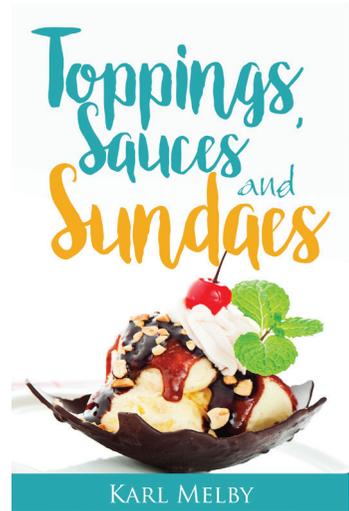
Extras for You

To sign up for a freebie, please go here:
www.karlmelby.com/tss.

You'll receive the *Toppings, Sauces & Sundaes* created as an extra bonus for you.

The reason for that I am asking for your email address is that I'd like to contact you when I'm proceeding with my new projects, books or online courses on how to make really good ice cream.

In the fall I will probably finish a book on *chocolate ice cream*.



A MILLION WAYS TO MAKE VANILLA ICE CREAM

YOUR PERSONAL CHOICE

CATEGORY	INGREDIENTS	QUANTITY
 STARTING BASE		
 THICKENER		
 SWEETENER		
 VANILLA		
 MIXING		
 FREEZING		
TOTAL		

COMMENTS:



A MILLION WAYS TO MAKE VANILLA ICE CREAM

YOUR PERSONAL CHOICE

CATEGORY	INGREDIENTS	QUANTITY
 STARTING BASE		
 THICKENER		
 SWEETENER		
 VANILLA		
 MIXING		
 FREEZING		
TOTAL		
<p>COMMENTS:</p> 		

A MILLION WAYS TO MAKE VANILLA ICE CREAM

YOUR PERSONAL CHOICE

CATEGORY	INGREDIENTS	QUANTITY
 STARTING BASE		
 THICKENER		
 SWEETENER		
 VANILLA		
 MIXING		
 FREEZING		
TOTAL		

COMMENTS:



A MILLION WAYS TO MAKE VANILLA ICE CREAM

YOUR PERSONAL CHOICE

CATEGORY	INGREDIENTS	QUANTITY
 STARTING BASE		
 THICKENER		
 SWEETENER		
 VANILLA		
 MIXING		
 FREEZING		
TOTAL		
<p>COMMENTS:</p> 		

A MILLION WAYS TO MAKE VANILLA ICE CREAM

YOUR PERSONAL CHOICE

CATEGORY	INGREDIENTS	QUANTITY
 STARTING BASE		
 THICKENER		
 SWEETENER		
 VANILLA		
 MIXING		
 FREEZING		
TOTAL		
COMMENTS:		
		

CHAPTER NINE

References

Bardi, Carla and Emilia Onesti. 2008. *Italian Ice Cream: Gelato, Sorbet, Granita and Semifreddi*. Florence: McRae Books.

Cameron, Ken. 2011. *Vanilla Orchids, Natural History and Cultivation*. Portland: Timber Press.

Cohen, Ben and Jerry Greenfield. 1987. *Ben & Jerry's Homemade Ice Cream & Dessert Book*. New York: Workman Publishing Company, Inc.

Ecott, Tim. 2004. *Vanilla: Travels in Search of the Ice Cream Orchid*. New York: Atlantic Monthly Press.

Emson, Nicole. 2013. *Stikkinikkis Ice Pops: Glass På Pinne*. Inbunden: Natur Kultur Allmänlitteratur.

Frandsen, Julius Herman. 2013. *The Manufacture of Ice Creams and Ices*. Los Angeles: HardPress Publishing.

Grigo, Marcus. 2001. *Desserter*. Copenhagen: Bogklubben 12 Books.

Johansson, Elisabeth. 2012. *Glass: Hemgjord Glass, Ice Pop, Paletas, Glasstårta, Strössel Och Maräng*. Inbunden: Natur Kultur Allmänlitteratur.

Liddell, Caroline and Robin Weir. 1995. *Ices: The Definitive Guide*. London: Grub Street.

Petersen-Schepelern, Elsa. 2000. *Gelato Sorbet and Ice Cream*. London: Ryland Peters & Small Ltd.

Rain, Patricia. 2002 *The Vanilla Chef*. Santa Cruz: Vanilla Queen Press.

Server, Shauna and Leigh Beisch. 2012. *Pure Vanilla: Irresistible Recipes and Essential Techniques*. Philadelphia: Quirk Books.

Stogo, Malcolm. 1997. *Ice Cream and Frozen Desserts: A Commercial Guide to Production and Marketing (First Edition)*. Hoboken: Wiley.

Tubby, Linda and Jean Cazals. 2009. *Ices Italia: Meltingly Delicious Recipes for Voluptuous Gelati, Sorbette, and Iced Desserts from Artisan Gelaterias of Italy*. London: Pavilion Books Group.

Vear, Benjamin. 2016. *Ice Cream & Other Frozen Delights (First Edition)*. Bath: Absolute Press.

www.dessertswithbenefits.com

www.icecreamgeek.com

www.chefsteps.com

www.snl.no

Wikipedia

CHAPTER TEN

Conversion Tables

Volume

American	Imperial	Metric
1 tsp	1 tsp	5 ml
1 tbsp	1 tbsp	15 ml
1/2 cup (8 tbsp)	4 fl oz	125 ml
1 cup (16 tbsp)	8 fl oz	250 ml
2 cups (1 pint)	16 fl oz	500 ml

Weights

American/British	Metric
1/4 oz	7 g
1 oz	30 g
2 oz	55 g
3 oz	85 g
4 oz (1/4 lb)	110 g
5 oz	140 g

Temperatures

Degrees Fahrenheit	Degrees Celsius
39	4
158	70
184	84

Vanilla

1 scraped vanilla bean

= 2 teaspoons pure vanilla powder

= 2-3 teaspoons vanilla bean paste

= 1 tablespoon pure vanilla extract