# Ice Cream

## Recipe per group

½ cup milk

½ tsp vanilla

1 Tbsp sugar

2 cups crushed ice

4 Tbsps rock salt

2 x size 25 bags (smaller)

1 x size 15 bag (larger)

A hand towel or gloves to stop fingers from freezing

Mix the milk, vanilla and sugar together in a size 25 bag. Seal tightly, allowing as little air to remain in the bag as possible. Too much air left inside may force the bag open during shaking. Place this bag inside another size 25 bag, again leaving as little air as possible inside and sealing well. By double bagging, the risk of salt and ice leaking into the ice cream is minimised.

Put the ice and rock salt into a size 15 bag. Put the double bagged mixture into the centre of the ice and again let all of the air escape and seal the bag. Wrap the bag in a towel or wear gloves and shake or massage the bag making sure the ice always surrounds the ice cream mixture. Five to eight minutes is adequate for the mixture to freeze into ice cream

Technician tip

* Kneading it works better than shaking
* Keep your milk cold esp on hot days