

# 10-Minute Ice Cream

## What You Need

1/2 cup milk  
1/2 cup whipping cream (also called 35% cream)  
1/4 cup sugar  
1/4 teaspoon vanilla extract  
2 to 4 cups ice  
1/2 cup to 1 cup coarse or kosher salt, or rock salt  
2 medium-sized bowls  
large spoon  
measuring cups  
measuring spoons  
thermometer  
1 medium plastic zip-top bag  
1 large plastic zip-top bag  
warm gloves

## What You Do

1. Put the sugar, milk, whipping cream, and vanilla into one of the bowls.
2. Stir the ingredients until all the sugar has dissolved.
3. Pour the mixture into the medium zip-top bag. Make sure to press out all the air and seal the bag securely.
4. Put 2 cups ice into the large zip-top bag.
5. Use the thermometer to measure the temperature of the ice in the bag. Record the temperature.
6. Pour the salt into the large bag with the ice.

# 10-Minute Ice Cream (continued)

7. After a few minutes, measure the temperature again. Record the temperature.
8. Place the medium bag inside the large bag with the ice and seal the large bag securely.
9. Hold the large bag by the top seal and gently rock the bag from side to side as shown in the video. Wear warm gloves to protect your hands from the cold.
10. Continue to rock the bag for 10 minutes.
11. After 10 minutes, remove the medium bag and feel the bag to see if the ice cream is solid.
12. If the ice cream is solid, skip to Step 16.
13. If the ice cream is too soft, put another 2 cups of ice into the large zip-top bag.
14. Repeat Steps 8 and 9.
15. Rock the bag for another 5 minutes.
16. When the ice cream is solid, transfer it to the clean bowl and enjoy!
17. If there is any ice cream left over, place it in the freezer in a sealed container or zip-top bag.

**Note:** You can add your favourite toppings to the ice cream, if you wish.