

Old-Fashion Homemade Ice Cream (But Lower Fat and Less Calories)

1 Can **Eagle Brand Milk**
2 Large Cans **Pet Evaporated Milk**
1 Large **Cool Whip***
1 ½ Cup **sugar**
Generous Tablespoon of **Vanilla** (Let it spill over a little)
Pinch of **Salt**
About 10 cups of **whole milk***

(This is basic vanilla ice cream. Other flavorings and fruits may be added and are delicious. If you add strawberries, bananas, peaches, etc., process them in a blender or food processor. If you just slice them, they will freeze into tasteless hunks of slightly-flavored ice.)

Mix **first six** ingredients in the can of an electric ice cream freezer (any hand-cranked ones left around?)

Add enough milk to bring mixture up to the “Fill Line” marked on the inside of the can.

Stir and mix very, very well.

Insert the dasher and put the lid on tightly.

Freezing

Fill the freezer bucket around the can with layers of **ice** and **rock salt**, using about **2 cups** of salt. **(Do not let the salty ice reach the bottom of the lid at any time.)**

Freeze according to freezer directions, adding additional ice and salt as the ice melts, until the ice cream is frozen to the point that the freezer motor is laboring to turn any longer.

Turn off the motor.

Remove some of the ice to a large pan. (Do not let the salty ice touch the lid.)

Remove enough ice (to the pan) so that you can work the container of ice cream free, and are able to remove it from the bucket.

Set the can on a solid surface. Carefully wipe the lid with a clean towel, and then dry the rest of the can.

Being careful that there is no salty ice to drop into the ice cream, remove the lid.

Remove and scrape down the dasher.

Put the lid back on (minus the dasher),

Choice One (Old fashioned way)

Tip the bucket and pour out the melted water.

Work the can of ice cream down into the remaining ice again.

Add back the ice from the pan and additional ice and salt as before, packing it down. Add and pack until it reaches nearly to the bottom of the lid, but leave enough space so that there is no danger of salt getting on the lid.

Cover over the top of the freezer can with heavy aluminum foil. Then over the entire top of the bucket, place several thicknesses of clean, heavy towels to insulate and keep the ice from melting.

Allow the ice cream to sit and “ripen” at least three hours before serving.

Choice Two (Works wonderfully well. Enables one to make the ice cream days ahead, and will keep – ready to serve - in your freezer at a nice consistency for weeks.)

After you have removed and scraped down the dasher, spoon the ice cream into previously washed and saved half-gallon, round commercial ice cream containers. (Our ice cream freezer makes enough to fill about three.)

Put on the lids and place in your chest freezer for at least three hours. It is even better if it can ripen for twenty-four hours.

*To cut even more fat and calories, a medium size Cool Whip and/or skim milk can be used and will change the consistency only very slightly.