

Choco Fever Dream

Vanilla Custard Ice Cream Recipe

20 min Prep time	**15 min** Cook time	**35 min** Total time
4 Servings	**Medium** Difficulty	**French** Cuisine

Ingredients

Custard Base

- [ ] 2 cups heavy cream
- [ ] 2 cups whole milk
- [ ] 1 vanilla bean, split and seeds scraped
- [ ] 1 tsp vanilla extract
- [ ] 6 large egg yolks
- [ ] 3/4 cup granulated sugar
- [ ] Pinch of sea salt

Instructions

1. In a saucepan, combine the cream, milk, vanilla bean seeds, and the pod; heat over medium until just simmering, then remove from heat and let the vanilla steep for 10 minutes.
2. In a bowl, whisk together egg yolks, sugar, and salt until the mixture lightens in color; slowly pour a ladle of the warm milk mixture into the yolks while whisking constantly to temper.
3. Return the tempered yolk mixture to the saucepan; cook over low heat, stirring constantly, until the custard coats the back of a spoon (about 170°F/77°C). Do not let it boil.
4. Strain the custard through a fine-mesh sieve into a bowl, stir in vanilla extract, then cover and chill in the refrigerator for at least 4 hours or overnight.
5. Once fully chilled, churn in your ice-cream maker according to the manufacturer's instructions until it reaches a soft-serve consistency.
6. Transfer the churned ice cream to an airtight container, smooth the top, and freeze for 2-3 hours before serving.

Nutrition per serving

260 kcal	4 g	22 g	18 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an extra vanilla punch, split a second bean and add its seeds during the final chilling step.
- If you prefer a slightly lighter texture, replace half of the heavy cream with whole milk.
- Serve with fresh berries or a drizzle of caramel for a simple yet elegant garnish.