

Vanilla Ice Cream

My recipe for vegan vanilla ice cream made with vanilla bean.

Work: 15 min | **Tags:** ice cream, vegan, vegetarian | **Servings:** 1 × pint

1 Prepare Vanilla Base

Amount	Name	Note
1 pcs	Vanilla Bean	<i>reference: 16 cm, 3.5 g</i>
330 g	Plant Milk	<i>choose to your taste, calculations based on 3.5 % fat content</i>
1.5 g	Carob Bean Gum	<i>also known as locust bean gum</i>

- Put carob bean gum and milk into a pan.
- Mix until dissolved, e.g. with a small electric whisk.
- Slice the vanilla bean open with a sharp knife.
- Scrape out the vanilla pulp and add it into the pan.
- Finely chop the pod and add it to the milk.
- Slowly heat the milk up, let it sit at temperature for ~5 minutes.
 - be careful not to bring it to a boil
 - heating it too high changes the taste
 - TODO: what temperature is fine?
 - pasteurizing isn't necessary, it's not animal milk
- Put the pan into a larger pan or bowl with cold water to swiftly cool it down to about room temperature.
- Cover the mixture and let it sit in the refrigerator overnight, mixing occasionally.

2 Mix Dry Ingredients

Amount	Name	Note
60 g	Sugar	<i>white table sugar</i>
30 g	Glucose Powder (38 DE)	
30 g	Dextrose	
15 g	Inulin	

Mix in a bowl.

3 Add Wet Ingredients

Amount	Name	Note
100 g	Plant Cream	<i>choose to your taste, calculations based on 30 % fat content</i>

- While mixing with a whisk, slowly add the vanilla milk mixture. Mix until combined
- Add the cream and mix it in. Don't mix too much anymore after this step to avoid whipping the cream.

