



**Your Guide
to the BEST
Homemade Ice
Cream EVER!**

Check out the video link below for a full tutorial with Joseph!



The Differences Between Homemade and Store-Bought Ice Cream!

Homemade ice cream often just doesn't turn out quite the same as traditional ice cream you buy at the store. There are a couple primary reasons for this. In our tutorial, we're going to show you some tricks to implement that will help make your homemade ice cream a lot more like the kind folks are used to eating!

Here are the primary things that affect the way ice cream turns out:

- **Air Content**—Which is affected by how fast the ice cream is churned.
- **Ingredients**—Store-bought ice creams often have a variety of stabilizers added, which help to preserve texture and enhance the creaminess!

We'll show you some ways to include both items to your homemade ice cream!
So, let's get started!

The Ingredients

This recipe will make 2 quarts of ice cream

Make sure you review all steps before you start adding ingredients together!

- 3 cups of heavy cream (can be either raw or pasteurized)
- 1.5 cups of whole milk (can be either raw or pasteurized)
- 1.5 cups sugar (or preferred substitute)
- 1.5 Tablespoon Vanilla Extract
- 1 teaspoon Xanthan Gum (a natural stabilizer. Guar Gum also optional)

The Process

1. Lightly whip the cream & sugar in a cold metal bowl. ***DO NOT FULLY WHIP!*** Whip until it's very frothy and a bit thicker, but you do not want it as full whipped cream! Make sure the sugar is dissolved as well.
2. Add whole milk, vanilla extract and xanthan gum. Mix for a few minutes until all ingredients are fully mixed,
3. (Optional, but highly recommended step) Chill mixture in the fridge for 3-4 hours or overnight for even more awesome results!
4. Add mix to ice cream churn and churn for about 25 minutes, or per your manufacturer's recommendations.
5. Transfer from churn to a separate container and freeze for AT LEAST 6-8 hours, but overnight is WAY BETTER!
6. Serve and prepared to be blown away!

Other Tips & Ideas

- Substitute vanilla extract for other flavorings! You can even add coloring!
- Add fresh fruit with the mix in the churn!
- Substitute sugar with maple sugar for a nice maple ice cream!
- Substitute 1/2 cup of sugar with about 1/4 cup of corn syrup for even more traditional ice cream texture!