

Helergon Kitchen

Orange Creamsicle Ice Cream Recipe

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

Ingredients

Base

- [ ] 2 cups whole milk
- [ ] 1 cup heavy cream
- [ ] 3/4 cup granulated sugar
- [ ] 4 large egg yolks
- [ ] 1 vanilla bean, split and seeded
- [ ] Zest of 2 large oranges
- [ ] 1 tablespoon fresh lemon juice

Instructions

1. In a saucepan, combine milk, cream, half the sugar, vanilla bean (seeds and pod), and orange zest; heat gently until just steaming, then remove from heat and let steep for 15 minutes.
2. In a bowl, whisk egg yolks with the remaining sugar until pale; slowly pour the warm milk mixture into the yolks, whisking constantly to temper.
3. Return the custard to the saucepan, cook over low heat, stirring constantly, until it coats the back of a spoon (around 170°F). Stir in lemon juice.
4. Strain the custard through a fine-mesh sieve into a bowl, discard the vanilla pod, then chill rapidly in an ice bath; cover and refrigerate for at least 2 hours.
5. Churn the chilled base in an ice-cream maker according to the manufacturer’s directions, about 20–25 minutes, until it reaches a soft-serve consistency.
6. Transfer the ice cream to an airtight container, sprinkle a pinch of extra orange zest on top, and freeze for another hour before serving.

Nutrition per serving

210 kcal	4 g	22 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the custard looks grainy, keep stirring; the texture will smooth out as it cools.
- For a dairy-free version, see the almond milk ice cream approach.
- A quick taste after chilling the base helps you decide if you need a dash more sugar or zest.