

Helergon Kitchen

Vanilla Ice Cream: No-Cook Homemade Recipe

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Base

- [ ] 2 cups heavy cream
- [ ] 1 cup whole milk
- [ ] 1/2 cup granulated sugar
- [ ] 1 tablespoon pure vanilla extract (or seeds of 1 vanilla bean)
- [ ] Pinch of salt

Optional Mix-Ins

- [ ] Chocolate chips, toasted nuts, or fresh berries (add after freezing)

Instructions

1. In a large metal bowl, whisk together sugar, vanilla, and a pinch of salt until the sugar starts to dissolve.
2. Slowly pour in the cold heavy cream and whole milk, whisking gently to combine.
3. Set the bowl in a larger basin filled with ice and a handful of salt; stir continuously for about 8-10 minutes until the mixture feels thick and cold.
4. Transfer the chilled mixture to a shallow metal pan, cover, and place in the freezer. Every 30 minutes, stir the edges with a fork to break any forming ice crystals. Continue for 1-1.5 hours until creamy.
5. If using mix-ins, fold them in now, then freeze for an additional 30 minutes to set fully.

Nutrition per serving

210 kcal	3 g	18 g	15 g
Calories	Protein	Carbs	Fat

Tips & notes

- For an ultra-smooth texture, strain the mixture through a fine mesh before chilling.
- If the ice cream is too hard after freezing, let it sit at room temperature for 5-7 minutes before scooping.
- Taste the base before freezing; adjust sweetness or vanilla intensity as desired.