

French Vanilla Ice Cream

Discover how to make luxuriously creamy French Vanilla Ice Cream at home with a traditional custard base for rich texture and deep vanilla flavour. Whether served on its own or paired with your favourite desserts, this timeless frozen treat elevates any occasion from casual family nights to special celebrations with its smooth, decadent taste.

Prep:	30 mins
Cooking:	20 mins
Serves:	6
Makes:	1

Ingredients

- 600ml thickened cream
- 500ml full cream milk
- 1 cup (220g) caster sugar
- 6 large egg yolks
- 2 tsp vanilla bean paste

Method

1. Heat cream, milk, and half of the sugar together in a large saucepan. Stir over medium-low heat until the mixture just comes to the boil, stirring occasionally until sugar has dissolved. Set aside for 10 minutes.
2. Beat egg yolks, remaining sugar and vanilla together in a large bowl with electric beaters until pale in colour and thickened, about 5 minutes. The mixture should fall in thick ribbons when lifted with the beaters. Slowly whisk in 1 cup of the warmed cream mixture.
3. Pour the egg yolk mixture into the saucepan containing the warmed cream and heat over medium-low heat. Cook, stirring constantly, for 10-12 minutes or until the mixture thickens enough to coat the back of a spoon. Ensure that it doesn’t boil.
4. Remove the pan from the heat and strain through a fine mesh sieve into a heatproof bowl. Cover the surface of the custard with plastic wrap. Refrigerate for 3 hours or overnight until very cold.
5. Churn cold custard in an ice cream machine according to the manufacturer’s instructions. When ice cream is thick, transfer to a metal cake tin or container suitable to freeze. Cover and freeze until ready to enjoy.

Notes

Reserve egg whites by freezing in a container. These can be thawed to room temperature and used to make meringues or a pavlova.

If you are wanting to make this ice cream in bulk, these wholesale products will help:

- Egg yolk powder
- Frozen egg yolk

Australian Eggs