creamy custard

From: Science in a Scoop

ingredients:
- 6 egg yolks
- 2 tsp cornstarch
- 1 cup light cream
- 1 T vanilla
- 1 cup sugar
- 1 cup milk

directions:
1. Beat egg yolks on medium with an electric or stand mixer. Add sugar and mix until light yellow and fluffy. Add cornstarch and mix on high until everything is combined.
2. In separate pot, scald milk to 180°F. Slowly add scalded milk to egg and sugar.
3. In a double boiler, add the custard batter and heat on medium, stirring constantly. Make sure to scrape sides and bottom so it does not burn. You will stir until the custard begins to thicken, about 10 minutes.
4. When custard has thickened, turn off heat. Add 1 cup light cream and 1 T vanilla (*Any mix ins you would like.)
5. Refrigerate until cool.

* custard flavors:
- **Lemon Rosemary** — ½ tsp lemon juice
- **Chocolate Pretzel Peanut Butter** — 2 T cocoa powder, 2 T peanut butter, ¼ cup pretzels
- **S’more** — 2 T cocoa powder, ½ cup marshmallows and chocolate chips
- **Caramel Cookie** — 2 T caramel syrup, ½ cup crushed vanilla cookies
- **Frozen Fruity** — 1 cup frozen fruit (peaches, raspberries, blueberries, or cherries)
- **Cookie Crumble** — 1 cup crushed baked chocolate chip cookies
- **Cinnamon & Sugar** — 1 tsp ground cinnamon, ½ tsp sugar

freeze: Add contents to ice cream maker and follow directions on machine.
OR... Add contents to a freezer safe container. Every 30 minutes, take the container out of freezer and stir the ice cream. This will help to keep the ice cream smooth and creamy.

storage: Because we are using fresh ingredients and NO preservatives, we recommend you eat the ice cream immediately. It will last a few days in the freezer in an airtight container.