

Allrecipes.com presents

MAKE ICE CREAM IN A BAG

Let the kids shake up their own ice cream
and sneak in a little brain food
while they're at it!

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IT'S A DESSERT!
IT'S A SCIENCE PROJECT!
IT'S WAY COOL FUN!



Contents

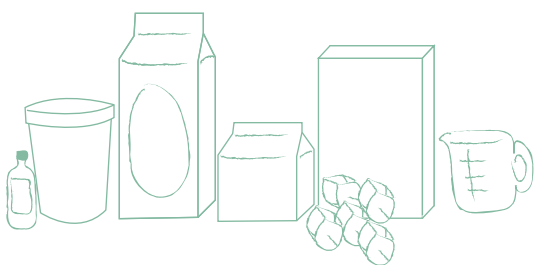
Step-by-step
guide to
making Ice Cream
in a Bag
Pg. 2-4

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This no-cook recipe for vanilla ice cream makes about eight half-cup servings.

INGREDIENTS >>



- 2 cups Heavy Whipping Cream
- 2 cups Half-and-Half Cream
- ½ cup White Sugar
- 2 tsp Vanilla Extract
- 1 bag crushed Ice
- 4 cups coarse salt



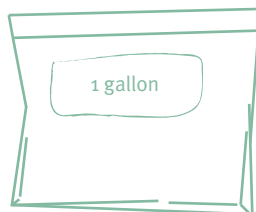
For each kid you will need

- ☐ 2 pint-size Resealable plastic freezer bags



Resealable plastic freezer bag

- ☐ 1 gallon-size Resealable plastic freezer bag

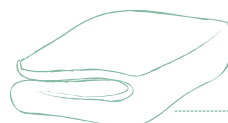


Resealable plastic freezer bag

- ☐ Gloves or towel to protect fingers



gloves



towel

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<< DIRECTIONS >>

- ☐ In a pitcher or large measuring cup, stir together the whipping cream, half-and-half, sugar, and vanilla extract until sugar has dissolved.

NOTE:

You can customize your ice cream before or after the big shake up by adding flavored syrups, bits of fruit, crushed cookies, or small candies.

- ☐ Pour about 1/2 cup of mixture into a pint-size plastic bag and seal carefully, squeezing out extra air. Place each sealed bag into a second pint-size bag, again squeezing out extra air. Seal carefully.

- ☐ Fill each gallon-size plastic bag about halfway with ice and add 1/2 cup coarse salt. Place one sealed small bag into the large bag, squeeze out most of the air, and seal the large bag.



Place the sealed small bag
into the large bag



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...Continued.

<< DIRECTIONS >>

- ☐ Wear Mittens or thick gloves, or wrap the bag in a towel to protect hands against the extreme cold. Shake and massage the bag for about 5 minutes or until the mixture thickens into ice cream. Add more salt and ice to the outer bag if ice cream hasn't formed after 10 minutes of continuous motion.
- ☐ Remove the outer pint-size bag before you open the inner bag so you don't get any of the salty ice on your ice cream.

NOTE:

If you add extra stuff to your ice cream afterwards, be sure to fold it in gently or you might end up with ice cream soup!



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How does it work?



Salt lowers the freezing point of the ice and creates an extra-cold brine that absorbs heat from the milk mixture, causing the mixture to freeze.

Safety Alert



This process creates temperatures well below normal freezing, therefore you must protect your hands with thick gloves or a towel while shaking the mixture into ice cream.

What's Shaking?

Why do you need to shake the bag anyways? The motion creates smoother ice cream by breaking up large ice crystals and allows the ice cream to freeze uniformly.

Your Notes