

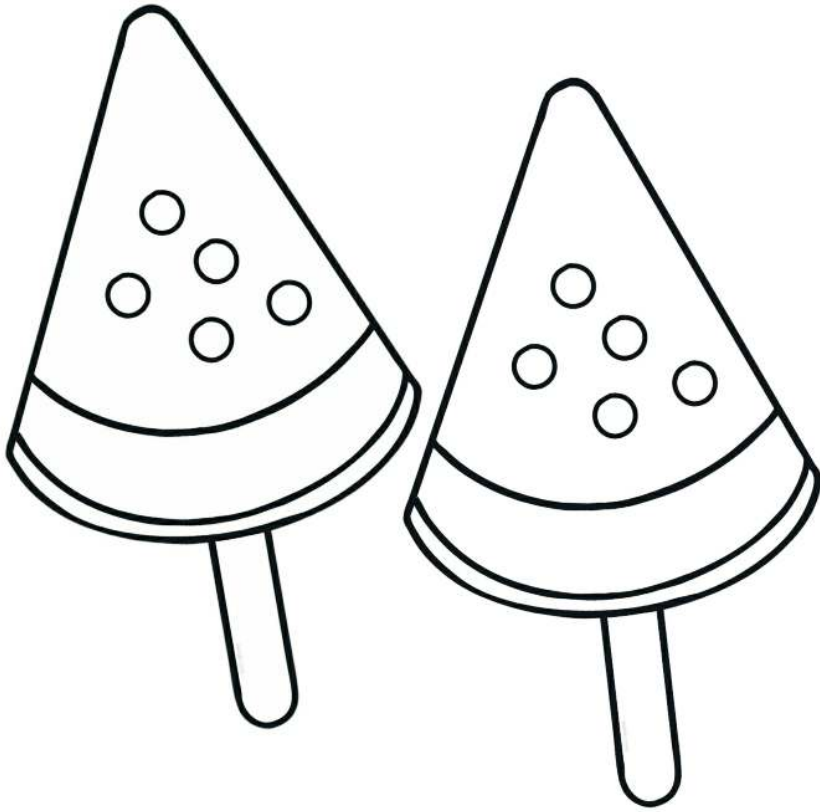


You scream! I scream! We all scream!
for **Ice Cream!**

Bonus



Recipe inside on how to make your
own ice cream ... in two gallon storage bag



These people and their willingness to make magic happen have contributed in this books and other books on our website possible.

Elroy Germishuys
SOUTH AFRICA

Another Adoquin Roca book.
Published in July 2024

Susan Brandt
UNITED STATES

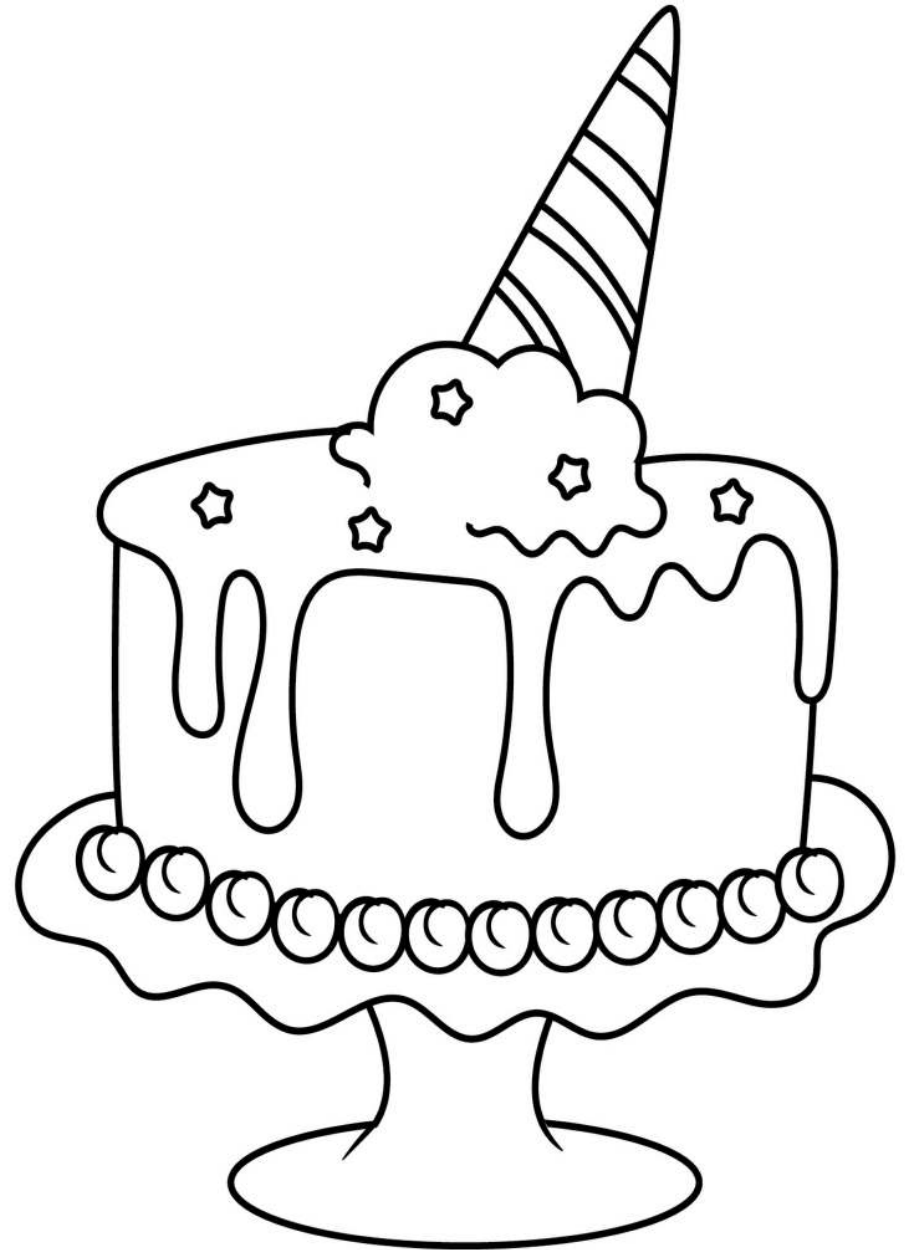
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Grab a friend and make some ice cream

Ice Cream in a bag

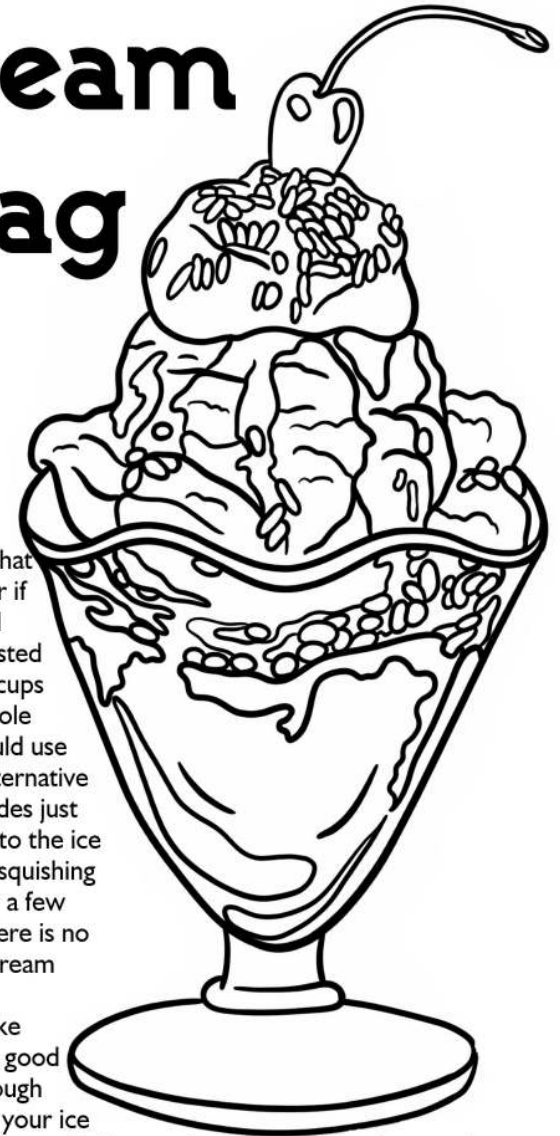
Ingredients

Heavy cream, half-and-half, or whole milk: Any of these will work as long as you have 2 cups of liquid. Keep in mind that your ice cream will be creamier if you use more heavy cream and icier if you just use milk. We tested a few approaches and find 1 ½ cups heavy cream with ½ cup of whole milk is just right for us. You could use coconut milk for a dairy free alternative

Sugar: Granulated sugar provides just the right amount of sweetness to the ice cream. It dissolves well just by squishing it in the bag with the cream for a few seconds before churning, so there is no need to whisk or heat the ice cream base to prevent graininess.

Vanilla extract: You can't make vanilla ice cream without some good vanilla extract to flavor it! Although you can switch up the flavor of your ice cream easily by swapping out the vanilla for another extract like mint, maple, or almond. Because those flavors are stronger than vanilla, I recommend reducing the amount by half first to see how you like it.

Mix-ins: Another way to flavor your ice cream is by adding some mix-ins right at the end and squishing them in for another minute or two at the end. Crumbled Oreo cookies, chopped strawberries, nuts, and mini chocolate chips are some of our favorites!



What Else You'll Need

Gallon-size plastic (Ziploc) bags: You will need two of freezer-safe, heavy duty Ziploc bag, or similar to make a batch of ice cream. One holds the ice cream mixture and goes inside the other bag, which is filled with ice and rock salt. I highly recommend buying the name-brand bags for this project to make sure they will hold up to the shaking without breaking and ruining a batch of ice cream. If you are worried about leakage, you can always double bag the inside bag of ice cream for extra protection.

Ice: It takes 6-8 cups of ice to freeze a batch of ice cream this way. You can use regular ice from your ice maker at home or buy a bag of ice from the store to make sure you have plenty on hand to get the job done.

Salt: Rock salt, which is also sometimes labeled as "ice cream salt", works best for lowering the temperature of the ice to freeze the ice cream quickly. But coarse kosher salt or even regular table salt will work in a pinch if that's what you have on hand.

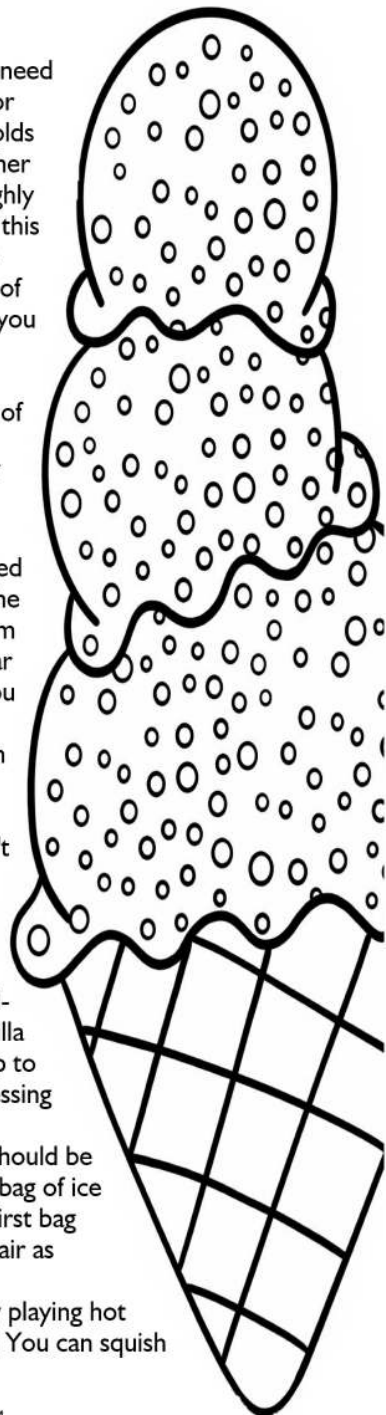
Kitchen towel or gloves: The bag filled with ice and rock salt gets really, really cold. So you might want to wrap it in a kitchen towel or wear gloves to shake it so your hands don't freeze!

Instructions

Mix ice cream ingredients in a large Ziploc (plastic) bag: Pour the cream and/or half-and-half or milk into a bag with the sugar and vanilla extract (or other flavoring) and squish it all up to help dissolve the sugar. Seal the bag well, pressing out as much air as you can.

Add the ice and rock salt to another bag: It should be about half-full of ice so there is room for the bag of ice cream mixture to go inside as well. Add the first bag and seal the outer bag, pressing out as much air as possible.

Shake for 5-15 minutes: Make a game of it by playing hot potato and passing the bag around in a circle! You can squish



and massage the inside bag, just be careful not to squeeze too hard and burst it. Enjoy! It doesn't take long for the ice cream to thicken and freeze. After just 5-15 minutes, it should be ready to go! Carefully open the outside, then the inside bag, making sure not to let any of the liquid or ice with rock salt from the outer bag get into the ice cream, which could ruin the batch. If you want to add mix-ins, dump them in, seal up the bags, and squish the ice cream for another minute or two longer. Scoop it out into bowls or just eat it straight out of the bag! Keep in mind that this is soft-serve consistency and it will melt quickly if it's hot outside. If you want harder skips, stick the ice cream in the freezer for a few hours before eating.

