

## LN<sub>2</sub> Vanilla Ice Cream base **Dutch Vanilla "Vla"**





## **門 Ingredients:**

~ 10 servings

- 2 tsp. vanilla extract
- 1 L whole milk
- 170 g sugar
- 40 g corn starch
- 4 egg yolks







## Recipe:

- Put the sugar in a pan and cook until it forms a golden-brown 1. caramel. Caramel forms when the sugar is heated to 170°C. At this temperature, sugar molecules break down and new compounds are formed: the caramel. Do not stir the sugar while it boils, as it will disturb the chemistry. You can add a little water (45 g) to slow the process and prevent burning.
- Once ready, deglaze the caramel with 900 mL of milk. Be careful, as 2. this may splatter. The caramel might aggregate to form lumps. But don't worry, they will dissolve when the milk heats.
- Bring the milk-caramel mixture to a boil and stir regularly. While the 3. mixture heats, mix the remaining milk with the vanilla and corn starch into a paste. Finally beat the egg yolks in this paste.
- Add the paste little by little to the boiling milk-caramel mixture and 4. keep stirring to form a custard. Keep it at a boil for another 1-2 minutes.
- Pour the custard through a strainer and store cold for at least 12h. 5.
- Enjoy the custard from the fridge like Dutch vla. (Or freeze with liquid 6. nitrogen or ice cream machine to make a delicious ice cream.)

