

ARACHIS ONLINE TRADING

MODULE 3A: ICE CREAM

1* Home use Ice Cream*

*Ingredients:

- 1 cup Finowhip
- 1 cup milk
- 1 cup icing sugar
- 4 eggs

*Method:

1. Separate eggs first.
2. Whip egg whites and set aside.
3. Whip egg yolks and set aside.
4. Whip Finowhip and mix with milk, then set aside.
5. Now mix egg white and icing sugar.
6. Mix egg yolk with the first mixture.
7. Add essence or juice.
8. Makes 1.5 litres of ice cream.

2.Low-Cost Commercial Ice Cream (\approx 10 L finished mix)

Ingredients:

- a) Water 5.8 L Base liquid
- b) Fresh milk 2.5 L Milk solids & taste
- c) Sugar 1.6 kg Sweetness & softness
- d) Margarine or vegetable cream 700 g Fat for creaminess
- e) Milk powder 400 g Body & prevents iciness
- f) Cornstarch 120 g Thickening stabilizer
- g) Gelatin (or CMC 8–10 g) 25 g Melt resistance
- h) Emulsifier (cake gel / GMS) 60 g Smooth texture
- i) Flavour as needed Taste
- j) Colour optional Appearance
- k) Salt 3 g Enhances flavour

Mixing Procedure

Step 1 — Dry blend

Mix together:

sugar

milk powder

cornstarch

(prevents lumps)

Step 2 — Heat base

Heat water + milk to \sim 60°C

Add dry mixture slowly while stirring

Add margarine

Add gelatin (pre-soaked) or CMC

Heat to 80–85°C for 5 minutes (pasteurization)

Step 3 — Cool & age

Cool to room temperature

Add flavour, colour, emulsifier

Refrigerate 4–12 hours (very important — improves creaminess)

Step 4 — Freeze

Whip or churn while freezing

Harden in freezer 6–12 hours

3. Soft-Serve Ice Cream Mix (\approx 10 L finished mix)

Ingredients

- a) Water 6.5 L Main liquid
- b) Fresh milk 1.8 L Dairy flavour
- c) Sugar 1.4 kg Sweetness & softness
- d) Glucose syrup (or 400 g extra sugar if unavailable) 600 g Smoothness & anti-icing
- e) Vegetable cream / margarine 500 g Light fat for mouthfeel
- f) Milk powder 300 g Body
- g) Cornstarch 80 g Light stabilizer
- h) CMC 6–8 g Controls melting
- i) Emulsifier (GMS / cake gel) 70 g Holds air (very important)
- j) Salt 2 g Flavour enhancer
- k) Flavour as desired Vanilla, strawberry, etc.
- l) Colour optional Appearance

Soft serve intentionally traps more air → more servings.

Mixing Procedure

Step 1 — Blend dry ingredients

Mix:

sugar

milk powder

cornstarch

Step 2 — Heat base

Heat water + milk to ~60°C

Add dry mixture slowly

Add margarine

Add glucose syrup

Add CMC

Heat to 80°C for 3–5 min

Step 3 — Cool & age

Cool to below 40°C

Add emulsifier (cake gel/GMS)

Add flavour & colour

Refrigerate 4–8 hrs

(Aging step makes foam stable in machine)

Step 4 — Freeze & serve

Pour into soft-serve machine OR whip while semi-freezing

Serve at -4 to -6°C

Do NOT hard freeze — texture becomes icy.

Profit Advantage

Because of air incorporation:

10 L mix → serves like 13–15 L product

That's why soft-serve is very profitable.