ICE CREAM RECIPE

Apple ice cream

Ingredients

* 2 cups of whipping cream (cold)
* 1 cup of condensed milk (cold) (sweetened)
* 1 top ground cinnamon
* ½ cup of apple pie filling
* ½ cup of granola

Directions:

* Using an electric mixer, whip the cream, condensed milk and cinnamon until light, stiff, peak and fluffy.
* Use a rubber spatula fold in the apple pie filling and granola, then transfer mixture into freezer safe dish, freeze for about 3-4 hours or until frozen.

MANGO CASS ICECREAM

Ingredients

* 2 cups of whipping cream/heavy cream (cold)
* 1 cup of sweetened condensed milk
* ½ cup vanilla Greek yogurt
* 1 cup of finely chopped mango
* ¼ tsp of ground cardamon.

Directions:

* Using an electric mixer, whip the cream and condensed milk until light and fluffy, add the Greek yogurt and mix well.
* Using the rubber spatula fold in the mango and cardamon. Transfer to a freezer in safe container or dish, freeze for 3-4hours or until completely frozen.

PEACH MARBLE ICECREAM

Ingredients

* 2 cups of whipping cream(cold)
* 1 cup of sweetened condensed milk
* 1 cup of crushed or chopped peaches
* 1/3 cup of raspberry jam

Directions

Using an electric mixer, whip the cream and condensed milk until light and fluffy. Use rubber spatula fold in the peaches, transfer to a freezer in safe container or dish and spoon the raspberry jam on top of the ice-cream, using a knife or spoon ripple the jam until it looks marbled. Freez for 3-4hours or until completely frozen.

STRAWBERRY SHORT CAKE ICE CREAM

Ingredients

* 2 cups of whipped cream (cold)
* 1 cup of condensed milk (cold)
* 1 cup of crushed or finely chopped strawberry
* 1 cup of crumbled plain scones
* 1 vanilla bean or splash vanilla extract

Directions:

Using an electric mixer, whip the cream and condensed milk until light and fluffy. Use a rubber spatula fold in the strawberries, scones pieces and vanilla bean seeds or extract. Transfer into a freezer in safe container and freeze for 3-4hours or until completely frozen.

VEGAN ICE CREAM RECIPE

1. Mint cookies and cream

Ingredients

* 3 ripe big frozen bananas
* 2tbsp almond milk
* ½ tsp peppermint extract or 4 mint leaves
* Green food coloring (optional)
* Oreos biscuits chopped

Directions

Place the bananas, almond milk, peppermint extract and green food coloring into a food processor, blend until smooth. Add the oreos and pulse until they are well incorporated. Serve immediately for a soft serve consistency or freeze for 30mins for a firmer texture.

1. Vanilla berry bliss:

Ingredients

* 3 ripe frozen bananas (big sizes)
* 2 tbsp almond milk
* ½ cup of frozen mixed berries
* ½ vanilla bean or extract, 1- ½ tsp

Directions:

* Place the bananas and almond milk into the food processor and blend until smooth.
* Add the mixed berries, seeds from the vanilla or its extract, pulse the mixture until the berries begin to break down. Serve immediately for a firmer texture.

**3. SALTED CARAMEL ICE CREAM**

**Ingredients:**

* 3 ripe frozen bananas (big sizes)
* 2tbsp of almond milk
* 3tbsp of vegan caramel sauce
* A pinch of sea salt

**Directions:**

* Place bananas, almond milk, caramel sauce and sea salt into a food processor
* Blend until smooth serve immediately for a better consistency or freeze for 30mins for a firmer texture.

***NOTE: to get vegan caramel sauce: 1 cup of full fat coconut milk and ½ cup of coconut sugar combined in a pot and bring to boil over a medium high heat, cook until it is dark brown and thickens up. Allow to cool completely before making ice-cream.***

4**. CHUNCKY MONKEY ICECREAM**

**Ingredients:**

* 3 ripe frozen bananas (big sizes)
* 2tbsp of almond milk
* 1tbsp of cocoa powder
* 2tbsp of chopped vegan dark chocolate
* 2tbsp of chopped salted peanuts
* 1tbsp of chopped banana chips

**Directions:**

* Place bananas, almond milk, and cocoa powder into a food processor and blend until smooth.
* Add the banana chips, chocolate, and peanuts, pulse until they are well incorporated.
* Serve immediately for softer consistency or freeze for 30mins for a firmer texture.

5. **PISTACHIO ICE CREAM**

**Ingredients:**

* 3ripe banana (frozen)
* 2tbsp of almond milk (cold)
* 1tsp of matcha powder (optional)
* ½ tsp of almond extract
* 1/3 cup of chopped shelled pistachiost 1tbs measured for garnishing.

**Directions:**

* Place the bananas, almond milk, almond extract and matcha powder into food processor and blend until smooth. Add the pistachiost and pulse until they well incorporated, serve immediately or freeze for 30mins a firmer texture.

**COCONUT ICECREAM**

**Ingredients:**

* Dried coconut (to get the coconut milk
* 2 ½ cups evaporated milk
* 3 cups of heavy cream
* 1 ¼ cup of condensed milk or 902 sugar
* 1 top vanilla essence or more
* 3tbsp custard powder

**Directions:**

1. Remove flesh from dried coconut and grate to yield about 1 cup coconut milk i.e. blend it thick with little amount of water.
2. Place the coconut into a blender and add evaporated milk. Blend for 30-45seconds until the coconut has been grounded finely and melds with the milk. Strain the coconut milk through a fine sieve ensuring to squeeze the grated pulp properly with hands to yield the true coconut flavor into the milk.
3. Sel grated coconut aside.
4. Pour this coconut milk into a medium sauce pan together with the heavy creamy condensed milk, almond essence and custard powder.
5. Place on medium heat, whisk to incorporate all ingredients into the milk evenly and bring mixture up to simmer where light bubbles break the surface of the milk. Be careful to watch as it may boil over. This should cook for about 8mins and as you whisk the milk mixture, it should begin to thicken due to the custard powder.
6. Remove milk custard from the heat and pour into a clean bowl. Allow to chill in the refrigerator for a minimum of 4hours or better overnight.
7. Set up your ice cream maker or cold fashioned chumer and pour the coconut custard on the pale and allow to chum for 1-1 ¼ hour or 45-50mins.
8. After chumming the ice cream will be semi firm similar to the texture of a slushy or smoothie. Empty the ice cream from the pale into a plastic container and cover tightly put in a freezer overnight to allow the ice cream to fully firm up and achieve its proper texture.
9. You can take a little the grated coconut or coconut flakes (toasted and add it lightly in the oven or in a hot pan on medium heat to crisp up and brown.
10. Remove ice cream from freezer scoop and serve in a bowl or a cone. Sprinkle some of the toasted coconut flakes on top for a great garnish and crunch factor**. Note:** if you do not have ice cream machine use an ice bath method i.e. in a wide bowl pour ice wade very very iced water after about 8hours or the following day from the custard milk from the refrigerator put it in the iced water and start to cream if using an electric hand whisk or mixer cream until is firm and stiff. Pour back in a freezer safe container and let it freeze completely for 4-8 hours (just give it a try).

**VANILLA ICE CREAM (ice cream mesh)**

**Ingredients**

* 3cups whole milk
* 3cups heavy cream
* 1can sweetened condensed milk
* 15 eggs Yolk
* 1cup sugar
* 1tbsp vanilla paste or extract

**Directions:**

* In a sauce pan bring creamy milk and condensed milk to a boil, take off the heat, add vanilla and set aside.
* In a blender pour yolks and sugar for 1minute.
* Add half of the hot milk mixture, blend for 30seconds and add back the pot. Heat mixture until it reaches 170 ferrous (not to boil) then chill for 3hours.
* Put half of the mixture in ice cream machine until it is soft. Serve consistency, put it in an air tight container and freeze until set.

**STRAWBERRY WITH XANDAN GUM**

* 11b fresh strawberries
* 1cup heavy cream
* 1cup whole milk
* ¾ cup sugar
* 1 ½ tsp xandan gum
* 1 ½ tsp strawberry flavor

Directions:

* Mix the xandan gum with the sugar until is well mixed
* Add the heavy cream, whole milk and about ½ of the strawberries (start remove) to the blender.
* Add the sugar/xandan gum to the blender and blend until creamy and smooth.
* Pour into shallow containers cover with parchment and a lid if your container has one, freeze for 6-8hours. Serve And Enjoy.

***NOTE: Use fresh strawberries as frozen ones will release more juice and the more water juice in your ice cream mix, the more chance you have to develop ice crystals.***

* Don’t skip the xandan gum: the xandan gum is a game changer for the texture. It acts like a stabilizer and prevents ice crystals from getting bigger. This is what keeps the ice cream nice and creamy.
* If you prefer a smooth ice cream without strawberry chunks and all the strawberries in the beginning.
* If the ice cream is too hard to scoop right from the freezer, allow it to thaw on a cooling rack for 5-10mins.

**VANILLA ICE CREAM WITHOUT MACHINE**

**Ingredients**:

**For custard cream**

* 1/3 cup (70g) sugar
* 4tsp corn starch
* 2egg yolks
* ¾ cups (180g) heavy cream whipping
* Fat coconut

**For ice cream base**

* 1can (400g) sweet condensed milk
* 2cups (480g) very cold heavy cream (35% fat)
* 2tbsp (30g) brandy cognac, rumor vodka
* Pinch of salt
* 2-3tsp vanilla extract

**Directions:**

* Make the custard: transfer the sugar and the cornstarch to a small pot or sauce pan and stir to combine. Add the yolks and the cream and mix with a whisk. Turn the heat to medium high and cook stirring constantly until ice cream thickens and starts to bubble. Transfer the custard to a bowl, add the sweet condensed milk and mix well. Cover with a lid or plastic wrap and transfer it to the fridge until cold. (About hours (2)).
* Make the base: transfer the cream to the bowl of your electronic mixer and beat until medium stiff peaks form, add the alcohol, the salt and the vanilla make the ice cream: add the custard mixture to the base in three additions, sleating well after each addition, until you get a fluffy mixture.
* Freeze: transfer the ice cream to a freezer safe container and cover with plastic wrap. Freeze for at least 8hours or overnight scoop and eat.

Note: chill the bowl of your mixer in the fridge for the best result.

You can make the custard with one egg yolk instead of two, with whole milk instead of cream and without alcohol. And it will still come out good.

You can customize your basic ice cream recipe by adding cookies, brownies, coffee, fruit jam, roasted nuts, chocolate chips, duke de leach, candied chemis etc.

* If your freezer is too strong, let the ice cream rest at room temperature for -10 minutes before serving. And beat until combined.

**VANILLA ICE CREAM**

**Ingredients**

* 7eggs yolks
* 1 1/3 cups granulated sugar
* ¼ tsp salt
* 3cups heavy cream
* Tbsp. vanilla extract
* 1cup whole milk

**Directions:**

* In the bowl of a stand mixer, add the eggs yolks, sugar and sat using the paddle attachment, beat on medium speed until pale yellow and light and airy about 4-6minutes.
* In a large pan, heat the cream, and milk over low heat, stir occasionally if you have an instant read thermometer, be hot but not boiling.
* Turn the mixer to low and add the heated cream in a slow, steady stream. Mix until thoroughly combined, about 3minutes, about three minutes.
* Pour the cream, egg mixture back into the pan and heat over medium heat stirring constantly. Heat to 155-166ferrous, if you don’t have a thermometer heat until it thickens and coats back of a spoon. It should not boil, however a few bubbles may come up along the edges, remove from the heat and add the vanilla.
* Set a fine mesh strainer over a large bowl. Pour the warm ice cream mixture into the bowl (through the fine mesh strainer).
* Cool the mixture over an ice bath stirring every few minutes place the mixture in the refrigerator until completely chilled.
* Set up ice cream machine according to the manufacturer’s directions. With the machine running, add the mixture in a slow, steady stream chum according to directions.
* Transfer the chummed ice cream to an airtight container and place in the freezer for several hours to firm up, serve your choice of toppings.

***NOTE: If you have heated the mixture properly you won’t catch much in your fine strainer. This is just to ensure you don’t any curdled eggs in your ice cream mixture. Mainly just an extra step to make sure you get an extra smooth ice cream.***

***Be sure not to scald your milk don’t let your mixture come close to a boil scalded milk and cream taste bad.***

**VANILLA ICE CREAM WITHOUT MACHINE**

**RECIPE 1:**

**Ingredient:**

* 1 can condensed milk (400g)
* 2cups heavy or whipping cream or anul fresh cream (360ml) 35% fat
* 2top vanilla extract

**RECIPE 2:**

**Ingredient:**

* 1 ½ cups heavy cream (whipping or amul fresh cream 360ml) 35% fat
* 2tsp cornstarch (corn flour or custard powder
* ¾ cup full fat milk (180ml)
* 2tsp vanilla extract

**Directions:**

Chill all the ingredients, mixing bowl and beaters in the refrigerator for 12-24hours. Also freeze a metal tray or container overnight to store your ice cream.

For the first recipe:

* Pour the chilled cream to the chilled bowl. Begin to whip on a low speed first. Then increase the speed to medium and whip to stiff peaks.
* It takes about 7-8mins to get to the stiff peaks stage, on medium speed. Be careful not to over whip the cream as it can turn granny
* Pour the condensed milk and vanilla to the whipped cream gently fold to incorporate the condensed milk into the whipped cream.
* Transfer this to a freezer safe container and place a parchment paper or cling wrap. Press down onto the ice cream and the parchment paper.
* Freeze until set, for 8-15 hours. If the ice cream is too hard, place it on the counter for 5-6mins, scoop the ice cream and serve.

**For the second recipe:**

* To a sauce pan, add corn starch, vanilla extract, sugar and milk. Whisk well until the sugar dissolves.
* Cook this on a medium heat stirring constantly until the custard thickens and coats the back of spoon well. Do not overcook. Taste this to make sure it is cooked thoroughly as we don’t want a starch flavor in the ice cream.
* Strain this and cool, before chilling in the fridge.
* When the custard becomes really cold, beat with the electric beater until smooth.
* Pour cream to another chilled bowl and whip it until stiff peaks, add two scoops of this whipped cream to the custard and mix gently.
* Pour this back to the whipped cream, mix together gently to incorporate the cream and the custard. Pour this to a freezer safe container, place a cling wrap over the cream, freeze for 8-10hours.
* Scoop the ice cream and serve with your favorite toppings.

***NOTE: For easier mixing you may also pour condensed milk and vanilla extract to a separate small bowl, mix some of the whipped cream with it and then incorporate it with the next of the whipped cream. This way you won’t deflate the whipped cream much.***

***Both the recipes can be used to make ice cream in a machine. To make recipe 1 simply mix together condensed milk, heavy cream and vanilla extract, chill at least 8hours and use it in your ice cream machine. To make recipe 2 mix together the custard, heavy cream and vanilla. Chill and pour into your ice cream machine.***

***You can adjust the amount of sugar and condensed milk to your taste.***

**Ingredients:**

* 1 scoop of your favorite protein powder
* 1 cup unsweetened vanilla cashew milk or almond milk or dany of your choice
* 1tsp all natural peanut butter (or other nuts 1 seed butter (12g)
* 1 cup of ice
* Stellia or other sweetener

**Directions:**

* Combine ingredients in the blender beginning with the ice on the bottom.
* Blend until smooth, it should have texture similar to soft serve ice cream or a little thicker.
* Pour out into a bowl and top with your favorite toppings. (Nuts specifically).

**BASIC VANILLA SCOOPABLE ICECREAM**

**Ingredients:**

**Cook:**

* 2 cups half and half of heavy cream
* 2 cups unsweetened almond milk
* 2 eggs
* 2 egg yolks
* 1/8 tsp salt
* ¾ tsp shicomaman

**Add and blend:**

* 1 cup heavy whipping cream
* ¼ cup xylitol (or more to taste)
* 1tbsp vegetable glycerin
* 2tsp vanilla extract
* 3/32 tsp (3 dunks) pune steuit extract powder or gentle sweet sweetener

**Directions:**

* Add the first set of the ingredients in a sauce pan and blend with hummer sum blender until smooth (you can blend it in a blender before pouring it in a sauce pan) add the shicomaman slowly while blending to avoid chumping.
* Cook over medium heat to 160degree ferrous-170degree ferrous whisking constantly, at least once the mixture heats up. (an instant read thermometer is really helpful here) as soon as the temperature reaches 160degree ferrous, pull the pan off the heat (Tips: if you don’t have an instant read thermometer, just cook the custard until it is thick enough to coat the back of the spoon. Remember that water boils at 212degreeferrous, and 160degree ferrous. Is a lot lower than that, so don’t boil the custard or you will end up with egg curled).
* Immediately add the rest of the ingredients to cool the custard down. Whisk or blend until smooth. Taste and adjust the sweetener as desired, chill completely before chumming. Chum the chilled custard in 1.5 quarter ice cream chm according to manufacturer’s directions. Transfer to an ice cream storage container and freeze to firm up overnight great, if needed let the ice cream thaw on the counter for 10mins before scooping for best taste and texture.

NOTE: Using gentle sweet as your sweetener may make the ice cream more scoopable right out of the freezer due to the higher volume of xylitol.

**KETO VANILLA ICECREAM**

**Ingredients:**

* 1 ½ cups heavy cream
* 1 ½ cups rendied carb milk or unsweetened almond milk
* 3 egg yolks
* ½ cup joy filled eats sweetener of any sweetener of your choice
* 2tsp vanilla
* 2tsp glycerin (optional)

**Directions:**

* Put all the ingredients in a blender and blend until smooth
* Pour into an ice cream machine and freeze according to the manufacturer’s instructions.

***NOTE: You can use any milk of your choice if you are not on diet.***

***If you are concerned about using raw eggs yolks, you can purchase pasteurized eggs or you can temper.***

**KETO VANILLA ICECREAM 2**

**Ingredients:**

* 1 cup unsweetened almond milk
* 2 cups heavy whipping cream
* 4 large egg yolks
* ½ cup granulated stellia/enylarital blend
* ½ tsp vegetable glycerin
* 2tsp vanilla extract

**Directions:**

* Bring the almond milk and cream to simmer in a heavy medium sauce pan. Remove from heat, whisk egg yolks in a large heat proof bowl. Add the sweetener and whisk until blend.
* Gradually whisk the hot cream mixture into the egg yolks. Be sure to add it slowly and whisk vigorously to keep the egg yolk from cooking. Return the mixture to the pan, cook mixture over low heat, stirring frequently until it reaches a temperature of 165-170degree ferrous. Whisk in the glycerin and vanilla extract.
* Cool mixture completely, stirring occasionally. I like to place the pan in a large mixing bowl of ice, cool the mixture quickly alternatively, you can allow it to cool at non temperature for 20minutes, then refrigerate until chilled.
* Pour cold mixture into ice cream freezer and freeze according to manufacturer’s constructions. When ice cream reaches the desired consistency, transfer to a freezer safe container with a lid allow to soften in the refrigerator for 10-15minutes before serving.

**ICECREAM WITH CMC/GMS RECIPE**

**Vanilla Ice cream Using CMC/GMS Powder 1**

**Ingredients:**

* ½ liter, full fat milk
* 1 ½ tbsp. corn flour
* 1 ½ tbsp. GMS powder
* ¼ tsp CMC powder
* 8tbsp sugar granulated
* 250ml cleup/fresh cream
* ½ vanilla extract
* 8tbsp powder sugar
* Pistachios for garnishing

**Method**:

* In a small bowl, add in corn flour, GMS CMC, add some quantity of milk, mix to combine.
* In a pot over medium heat, bring the milk to boil, add in the granulated sugar and stir, add in the CMC, corn flour and Gms mixture and continue to stir until it thickens such that it will coat the spoon. Then turn off the heat and bring down the pot and allow it to cool/ pour the corn flour cream in a container and freeze for 4-5hours until its frozen.
* From the freezer scoop it into a mixing bowl (if it’s too hard let it set for 10-15mins before you start to whisk or cream it) using an electric mixer (hand or stand mixer) whisk until light and fluffy or until it loses its ice to cream form.
* In another bowl, cream the fresh cream or heavy cream, add the vanilla and cream, add the powder sugar and cream.
* Next add it to the creamed corn flour cream and continue to whisk or mix until creamy. Pour into a freezer safe container and freeze for 4-8hours or overnight and is ready to serve. Top it with pistachios or any toppings of your choice

**OR**

* 500ml full fat milk 2
* 8tbsp sugar
* 2tbsp milk powder
* 1 + ½ tbsp. corn flour (corn starch)
* 1 + ½ tbsp. GMS powder
* 1/8 CMC powder
* ½ cup heavy whippy cream
* 1tsp vanilla
* 1 ice cream essence

Follow the same procedure as the vanilla ice cream with GMS and CMC, just add the powdered milk when you are adding the corn flour, CMC, and GMS to the small quantity of milk. Then add it to the heat, you can add powdered milk to this one if you like.

You can also increase the quantity of heavy creamy.

**BUTTER SCOTCH ICECREAM USING GMS/CMC**

**Ingredients Measurements**

* Full fat milk 500ml
* Corn flour 2tbsp
* GMS powder 2tbsp
* CMC powder ¼ tsp
* Whipping cream 1cup
* Butter scotch essence 1tsp
* Butter scotch granolas or yellow food gel color
* Follow the same procedure as the first recipe, just add the butter scotch essence and color at the end i.e. after cream everything together.

***NOTE: You can customize this ice cream with any decent sauce and nuts of your choice***

***If you want to make for millo or chocolate just add drake chocolate to the corn flour before adding it to the pot.***

***You can also make any flavor of your choice***

**NEAPOLITAN ICECREAM CAKE**

**Ingredients:**

**Chocolate cake**

* 1 cup (132g) AP flour
* ¾ cup (150g) granulated sugar
* 1/3 cup (30g) natural unsweetened cocoa powder
* 1tsp baking soda
* ½ tsp baking powder
* ¼ tsp salt
* ¼ cup (60ml) vegetable oil
* 1 large egg
* ½ tsp pure vanilla extract
* ½ cup hot coffee or hot water

**No Chun Neapolitan ice cream layer:**

* 3 cups (720ml heavy whipping cream must be very cold)
* 21 02 sweetened condensed milk, (divided into three portions)
* 1tbsp pour vanilla extract (divided)
* ½ cup (302) semi-sweet chocolate chips, melted and cooled
* 1 cup (30g) freezed dried strawberries finely ground
* 1tbsp strawberry jam
* 1 drop pink food coloring.

**Directions:**

**Making of the cake:**

* Preheat the oven to 350 degree ferrous/177degreecelcius and prepare two 6 inches cake pans by spraying the sides with baking spray and fitting a parchment paper circle to the bottom of each.
* Whisk all the dry ingredients together in a large bowl to fully combine them. Add the vegetable oil, eggs, vanilla and butter milk and mix with hand mixer (with the paddle attachment) or your stand mixer or by hand until well combined. Continue mixing on low until fully combined and smooth for about 1-3mins. The batter will be very thin.
* Divide the batter equally between the two prepared cake pans and bake for 20-24mins, until a wooden toothpick inserted constant clean. Cool completely between layering with ice cream.

**Making the ice cream:**

* Wait to make the ice cream layers until right before you are ready to assemble the cake. Place a large metal or glass bowl into the refrigerator for at least 20mins to chill before you get started.
* Add the heavy whipping cream and two teaspoons of the vanilla extract into the chilled bowl, then whip it with a hand mixer can high speed until stiff peaks form, 3-5mins. You can alternatively use a stand mixer with the whisk attachment part. Place the whipped cream in the refrigerator while you move on to the next step.
* Divide the sweetened condensed milk evenly between three medium bowls. To one bowl, add 1 teaspoon of vanilla, to the second bowl add the finely ground freeze dried strawberry powder and jam. To the last bowl, add the melted and sweet semi-sweet chocolate. Whisk the ingredients together within each individual bowl to create the three different bases.
* Divide the whipping cream evenly between each bowl of the three bowls you created in the previous step. Fold each sweetened condensed milk mixture together or with the divided whipped cream to vanilla ice cream, strawberry ice cream and chocolate ice cream.

**ASSEMBLING**

* Once the chocolate cake layers are cooled completely, level them about ½ inch tall. Place a 6-inch cardboard cake circle in the bottom of 6 inch spring form pan, then place the first cake on the top. Wrap a sheet of ice take around the cake layer and tape it together once it’s the same diner as the cake layer.
* Add half of the chocolate ice cream mixture on top of the chocolate cake layer and smooth it with a spoon or spatula until it reaches the acetate. Add half of the strawberry ice cream mixture on top of that and smooth it down, then add half of the vanilla ice cream mixture and smooth it down. Place the second layer on top and continue the layer process with the remaining ice cream.
* Freeze the ice cake for at least 6hours when you are ready to serve it, remove from spring form pan and unwrap the acetate, garnish with crushed freeze strawberries, chopped chocolate, chocolate sauce, caramel sauce or any toppings of your choice.

***NOTE: Do not make the ice cream ahead but you can make the cake ahead.***

**HOW TO MAKE HOME MADE ICECREAM THICKER**

There are some tricks you can use if you want your ice cream to be thicker

* The use of cornstarch, corn flour or custard powder: These binds the water hole clues and thickens the mixture creating softer and more velucky texture. That’s why it is very important, especially in no chum ice cream recipes. To work its magic you have to cook it with some of the milk of the recipe.
* Eggs yolks: This also helps with the consistency but sometimes they can create an “eggy” taste, especially if they are too much or cooked for too long. There it is important to the mixture until warmed to 160degree ferrous or 71degree to avoid the egg taste. This is shown in some of the recipes in this book. This process is called “Tempering” (where you cook the milk to simmer, then whisk the egg and sugar until smooth, then gradually and slowly tempering the hot milk into the egg mixture and whisk very fast to avoid the egg from curdling). Note: Some of the hot milk depending on the quantity of the ice cream you want to make and then combining everything together and place the pot back on the heat and let it simmer to 160degreeferrous to 170degreeferrous (71degreecelcius) of if you don’t have a thermometer, do not allow it to boil, it should just simmer (very hot) though little bubbles may appear on the sides but not boil and while is simmering you must continue to whisk it and stirring it, if not it will curdle.
* Glucose syrup: what glucose does is that it doesn’t let the ice cream become icy. Sweet condense milk plays the same role when added to the ice cream.
* Again beating the heavy cream or whipping cream to shift peaks will also help because it adds air tiny air bubbles to the mixture making it softer and fluffer.

***NOTE: Ice cream with egg yolks produces a custard based ice cream. Egg yolks (and chumming) create a nacho and creamy texture because they are tempered (slowly elevating the temperature while stirring) when you pour hot cream into it, it will melt the sugar and gradually cook the eggs (without turning into scrambled eggs).***

***Do not use half and half in making ice cream. Heavy cream and heavy whipping cream can be used interchangeably. Half and half is half cream/half milk so it doesn’t have a high flat content, but you can if you so wish.***

**General tips for a soft and creamy homemade ice cream with zero ice crystals**

* The use of alcohol: Alcohol lowers the temperature at which one ice cream mix solidifies. In other words it helps it remain soft and not hard as a rock.
* Use cream with high fat content, you will need heavy cream with t least 35% fat.
* Whisk or beat with an electronic mixer in order to incorporate enough air and make it fluffy.
* Use enough sugar or glucose: Sugar, honey, glucose and sweet condense milk help the ice cream remain soft and creamy.
* Use cornstarch: it absorbs extra moisture and stops the formation of the crystals.
* Use milk powder or white chocolate (white chocolate contains milk, powder, cocoa butter and sugar. Something that makes it perfect for making ice cream, soft and not icy). Roasted almond and white chocolate, no chum ice cream. Glycerin also helps ice cream not freeze too hard.

**TO SCOOP**

If your ice cream is hard, probably one of the following happened

1. Not enough air was incorporated in6to the mixture i.e. the cream wasn’t beaten to medium stiff peaks (be careful, though because if you over beat it, it can curdle and become butter and butter milk or can turn grey.
2. When you do not use cream with high fat content with at least35% fat. (Check the authorized information). Do not use half/half or light cream.
3. When there is no enough sugar
4. When there is too much moisture, use moisture binders like cornstarch, gelatin or milk powder.

**How to customize your ice cream**

Use a combination of the following

* Crushed cookies or wafers
* Brownies cut in small cubes
* Chocolate chips
* Chopped roasted nuts
* Chopped candied cherries (soaked in liquor)
* Fruits jams
* Spices and zest (cinnamon, cardamom, touka bean, citrus zest mint, matcha
* Sauces like chocolate sauce, caramel sauce and any dessert sauce of your choice
* Sprinkles.

***NOTE: You can use any flavor to ice***

**ROASTED ALMOND AND WHITE CHOCOLATE, NO CHUM ICE CREAM**

**Ingredients:**

* 1 cup freshly roasted almonds
* 1 cup whole milk (250ml)
* Pinch of salt
* ¼ tsp cinnamon
* 2tsp vanilla
* 200g good quality white chocolate melted
* 2 ½ cups (600g) heavy cream (35% fat) and very cold
* 1 can(400g) sweetened condensed milk (cold)

**Directions:**

1. Transfer the almond, the milk, the salt, the cinnamon, and the vanilla all to a blender and blend until smooth. Add the white chocolate and blend again until it’s incorporated.
2. Beat the heavy cream with your electronic mixer until soft peaks start to form. Add the sweetened condensed milk gradually while beating until you have a fluffy mixture. Continue by adding the almond/white chocolate mixture and beat until you get a light and fluffy result.
3. Transfer to a container suitable for the freezer and freeze for 4-6hours or overnight. ENJOY.

***NOTE: Bake the almond in a pan heated over for 15-20minsat 350degreeferrous or 180degreecelcius or until fragrant. You use them with the skier or blanched the almonds, remove the skier and then roast. You can use a pan if you like.***

**VANILLA ICECREAM WITH ALCOHOL**

**Ingredients:**

* 397-400g condensed milk (cold)
* 2tbsp neat spirits (e.g. rum, whisky, gin, vodka, Guinness etc.)
* 1tsp vanilla essence
* ¼ tsp salt
* 500ml double cream/heavy cream (cold)

**Directions:**

* Whisk together the condensed milk, alcohol, vanilla and salt until well combined.
* In a separate bowl beat the cream to stiff peaks, then beat in the condensed milk mixture until thoroughly combined.
* Spoon into a freezable container, cover and freeze until solid. This depends on your freezer, but 6-8hours is good.

**DAIRY QUEEN CREAM ICECREAM**

**Ingredients:**

* 2.25 ounce unflavored gelatin powder
* ½ cup cold water
* 4 cups milk (full fat)
* 2 cups granulate sugar
* ½ tsp salt
* 3 cups heavy cream

**Directions:**

* Sprinkle the gelatin powder over the water
* Heat the milk in a medium sauce pan over a medium heat, but do not let it boil. Remove from the heat and add the gelatin, water, sugar, vanilla extract and salt.
* Let the mixture cool, then whisk in the heavy cream and refrigerate the mixture for 5-6hours.
* Pour the mixture into 1-5 quarter ice cream maker and process according to the manufacturer’s instructions.

***NOTE: If you don’t have an ice cream maker, after making the milk and gelatin mixture to cool, whisk it very well, then put it in the freezer for 6-8hours, afterwards bring it out and break the ice it forms, begin to beat it until its smooth, then beat the cold cream until light and fluffy. Then fold in the mixture together until well incorporated. Pour into a freezer safe container for 4-6hours and serve.***

***But using an ice cream maker for chum the ice cream mix is the best.***

**CAKE PRICING**

Be you know how to price your bake goods you need to understand what pricing means.

Pricing is the act of determining the value of a product or service. Pricing determine the cost paid by customers, but it may or may not be tied to the cost paid by business to produce the product or service.

Pricing occurs when a business decides how much a customer must pay for a product or service. It is the decision making process that goes into establishing a value for a product or samice. There are many pricing strategies a business can use when setting prices, but they are all a form of pricing. The price that is set during the pricing process is what the customer will pay for that product or service.

It is important to note that the terms pricing and cost are interchangeably sometimes, but they are not the same.

Costing is simply determining the expenses incurred in producing a product or service. Whereas pricing is to determine the value of a product or service which is after costing is determined.

Before determining the price of a product, note that there are factors that determine the price of a product or services contrary baked goods.

1. Completion strategy
2. Income level of consumers
3. Location
4. Product value perception
5. Market size

Having said that, there are many pricing strategies, but for the sake oif this class we will focus on cost plus pricing strategy and how we can apply it to our business as bakers.

**Cost Plus Pricing Or Markup Pricing**

The cost plus pricing or markup pricing is pricing strategy where a baker determine the cost of any baked goods and then adding a percentage on top of that price to determine the selling price to the customer. Note the percentage may be negotiable between the baker and the customer. This method of pricing is determined by adding the direct material cost, direct labour cost and the overhead cost to determine what it cost the baker to offer the baked goods. A markup percentage is then added to the total cost to determine the selling price. This markup percentage is the profit.

To simply have the meaning of cost plus pricing is shown in the formula below.

Cost of product (any baked goods)

= direct cost +direct labour cost +overhead cost

Profit = (markup% \*cost)

Price = (cost + profit)

Let’s say for example you are to bake single layer 6-inch cake (simple vanilla cake). The cost goes like this:

**Direct cost:** This include all of every ingredients you would use to make the cake which means:

* Flour 250g-#
* Sugar 150g-250
* Butter 250g – 500
* Eggs 50 – 350
* Baking powder 2g – 10
* Salt 2g - 10
* Milk 1/3 total 1,670

**Overhead cost:** includes electricity charges, water and rent changes additionally to run your business, cake boards, cake box, packaged materials, delivery, depreciation of machinery which may be an estimate of

* Cake board - 250
* Cake box - 500
* Packaging - 500
* Rent (fixed) - 100
* Delivery - 300
* Electricity - 100
* Water - 20
* Machinery - 500

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Total 2,270,

**LABOUR COST (WAGES):** This is very important section because is for you as a baker. Because it states how you value yourself you are UNIQUE, you are an ARTIST and no one can create what god create so how do you value yourself. Now consider yourself on a desk work. How much are you paid? You deserve to be paid right.

Every hour you spend making a cake is your valuable time and TIME IS MONEY.

What is my time WORTH? Before quoting your price to customer you must think about how long does it take me to:

1. Provide customers service
2. Responds to emails, inquiries, phone calls
3. Shop
4. Design/sketch
5. Bake
6. Package
7. Photograph
8. Clean

So give yourself a minimum wage for the time you choose by comparing it to the amount of salary you would have earned if you where to go to an office desk job. It may be difficult when you first start, but you can slow down with your charges and our time when you gain confidence you increase the charges. Therefore, allocate certain amount of time for the cake or any baked goods (say example 4-8hpours) and charge according. Note: this depends on your.

Let’s say the wages or labour cost = 4000

No to it goes thus:

Cost of materials (direct cost = 1, 670

Overhead cost =2, 270

Labour cost (wages) =4000

Cost of baked goods =8,440

Note: if the baker decides to add a 10% markup price to the cost of goods as his or her profit it will be calculated this:

\* 8,440 = 844

Profit = 844

Price = cost + profit

Price =8,440 + 844

Price 9,284

So the price of a single layer simple vanilla cake will be 9,284

As a baker know that there will always be bakers who sell less with you and there will always be those clients who would try to put you down by stating that you are too expensive.

Please be expensive for some, because only than there will be a set of people who would want to try what you sell and once they taste your product, i am sure they won’t be going back to another bakers.

However, never treat your fellow bakers as competitors instead of trying to see with as a competition lay to network and be friends with them. That way you can support your fellow artist, others room for every ones. Talent supposing you are not good at fondant or do not wish to make cakes using fondant ten you can happily pass that order to your fellow friend who would return the favor in future when they are fully booked and are not able to take orders.

**RECOGNISING COMPETITIONS**

Instead of cutting your competitors, you need to recognize their skills and value.

1. Understand why they are so popular: Is it their flavors, decorating skills or marketing skills.
2. What make their cakes stand out: try to understand how you can add or improve on your skills and add value to your bakings. Once you understand that, you will never cut your competitors by selling less.

**HOME, MADE BAKING VS SUPERMARKET BAKING**

Now, never compare your homemade baking (if you are one) pricing to that at supermarkets or big bakeries because:

1. They bake in bulk: They make hundreds of cakes, doughnuts, rousete every single week and that would will significantly reduce their indirect cost.
2. Bulk baking also means buying ingredients in bulk, using primacy and time blocky accordingly.
3. You made custom and make to order cakes but they don’t. They make it simples light and reduce the use of materials.
4. Where the bakery cooks at quality over quality, you on the other hand provide quality goods so there is no comparison.

**Key Notes On How To Price Baked goods**

1. This is important to put yourself first-value your time, skill, creativity.
2. Add a profit percentage over and about your wages
3. Note the prices for every single ingredients
4. Calculate the price for your active time only\
5. Indirect costing is equally important
6. Network with fellow bakers
7. Charge for delivery
8. Be clear about your charges right from the beginning for clients or for friends and family.

Note that the calculation above is just an example to have a clear understanding of what pricing is about. Follow that method in costing and pricing your baked goods according to your dine of cost, indirect, overhead cost, direct labor cost and wages including your profits.

**BAKING TERMS**

1. **Tangy:** means to have sharp taste or smell tangy juice e.g. like lemon juice and vinegar. To have sharp acidic flavor e.g. yoghurt, and some lemonade foods having tangy taste.
2. **Saltony:** food that is spicy or salty but not sweet. Some Litzy full of flavor, delicious and tasty.
3. **Umami:** means “delicious” in Japanese. Just like the other type of taste which are sweet, sour, salty and bitter, umami is a rich and saltony flavor e.g. pizza is full of umami.
4. **Aeration:** to whip, sift or beat air between particles, as with flavor confection any sugar, or sugar and butter.
5. **Bain-marie**: this is a French term for a water bath. A water bath protects delicate dessert such as a set mustard or a cacese cake from curding, cracking or other cooking as they bake.
6. **Blind bake:** A techniques used for baking an unfilled pastry shelf before baking with the filling, the shell is lined with parchment paper and filled with ceramic beads, dry rice or dry beans and then bake briefly until the pastry is set.
7. **Bloom (Gelatin or cocoa powder):** Blooming is a step integral to ensure the smooth texture of a finished product. It involves sprinkling the powdered gelatin into liquid and letting it stir for 3-5mins.
8. **Caramelise:** To heat food until the sugar on the surface break down and form a brown coating which may be sweet or saltory.
9. **Coating consistency:** When liquid usually a custard, is thick and viscons enough to coat a spoon and doesn’t drain off.
10. **Confectioner’s sugars:** Another name for icing or powdered sugar. The finest version of sugar which is a powder form. A small amount of corn flour is added to prevent chumping.
11. **Cream:** To heat ingredients to incorporate air and make the mixture creamy in consistency.
12. **Cream of tar tar** **(Tartric acid)** : used to stabilize beaten egg and used as a raising agent in ounce baked goods.
13. **Curdling:** is when a mixture separate’s into its component parts. This can happen with eggs if they are added to a mixture too quickly or if the mixture is too hot.
14. **Dust:** to sprinkle lightly with a powder such as icing sugar or cocoa flour.
15. **Dredge**: To coat an ingredient with a dry ingredient, such as flour or powdered sugar, either before or after cooking.
16. **Fold in:** To mix two things together using a gentle lifting and turning motion rather than stirring so as not to lose any trapped air bubble used from cake mixtures and when adding flavors or meringues.
17. **Glaze:** A coating that is applied to a precooked or cooked surface to make it shine or to help it color when cooked such as an egg wash, for uncooked pastry and an apuicot glaze for fruit tarts.
18. **Grease:** To coastta dish, thir or mold your cooking fat in order to stop the item being cooked from sticking.
19. **Knead:** To mix a stiff dough by manipulating it by hand or a mechanical dough hook in order to make to make it smooth. In bread making this also helps to develop the gluten.
20. **Prove:** to allow a yeast dough rise.
21. **Rub:** to integrate hard fat into flour by rubbing the two together with your finger tips until it mix there resembles bread crumbs.
22. **Sift:** to move a dry ingredient such as flour, sugar or cocoa, through a sieve (sifter) to incorporate air and remove lumps or unevenly sized particles.
23. **Scurry:** term refers to a mixtures of flour and water, which is stirred into soups and sauces as a thickener.
24. **Soft peak:** When egg whites or cream are beaten until thick and hold some shape but the peaks flop over softly when the whisk is removed.
25. **Temper:** the process that takes chocolate through a temperature curve, which aligns the chocolate crystals create a satisfying snap when bite into it. It can also refer to the process where a small quantity of liquid (hot) is incorporated into cold liquid lightly.
26. **Whisk:** A whisk is a bullbons shaped better that allows you to whisk an ingredient, this form of mixing incorporates a lots of air into a mixture batter. A whisk or whisking action will be used in a recipe.
27. **Zest:** the outer layer of citrus, fruit which is collomed and contain the essential oils. In baking, zest is used to add flavor without necessary adding liquid to a recipe; the essential oils holds very powderful along and flavor properties
28. **Chum:** To turn and stir milk in a special container (ice cream maker) in order to make butter.