

LEVELED Book • L



How to Make Ice Cream



Written by Steven Accardi

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► Introduction

You hear the catchy music of the ice cream truck. Your mouth waters. You start running. The ice cream is

only an arm's reach away. Then you remember you have no money. You can't enjoy the sweet taste of cold ice cream on a hot summer day. Or can you?



🔊 You can make your own sweet treat. That's right. You can make your own ice cream. It's really easy, and it's a lot of fun. You'll need just a few **ingredients** from the kitchen.





🔊 The Ingredients

Homemade Vanilla Ice Cream

*1 gallon-size, sealable plastic bag
ice cubes
6 tablespoons of rock salt
1 pint-size, sealable plastic bag
1/2 cup half-and-half
1/4 teaspoon vanilla extract
1 tablespoon white sugar*



🔊 Step 1

Gather all the ingredients. Set the gallon-size, **sealable** plastic bag, ice cubes, and rock salt to one side. Set the smaller plastic bag, half-and-half, **vanilla** extract, and white sugar to the other side. You are only a few minutes away from eating homemade vanilla ice cream.



🔊 Step 2

Now, open the gallon-size plastic bag. Fill the bag more than halfway full with ice cubes. (Hint: Crack ice cubes from trays into a bowl. This will make it easier to put them in the bag without making a mess.) Then add the rock salt to the bag. Seal the bag and set it aside.



🔊 Step 3

Next, open the pint-size plastic bag. Have a friend hold the bag open. Pour the half-and-half, vanilla, and white sugar into the bag. It might get messy if you don't have help. Once you are done putting these ingredients into the bag, seal it tightly.



🔊 Step 4

Now comes the fun part. Open the larger bag. Place the smaller bag inside of the larger bag. Take out some ice cubes if you need to. Make sure the ice cubes mostly cover the smaller bag. Then, seal the larger bag again.

- 🔊 Make sure the bag is sealed really well. (Tape the bag shut if you want to make extra sure it stays sealed.)

Then shake it.

Yes, shake the whole bag. Shake it around, up and down, and from side to side. Really get into it. The more you shake it, the better. If you get tired, pass it to a friend. Then shake it some more. If your hands get cold, put on gloves or wrap the bag in a towel.



Keep shaking the bag for about five minutes. Make sure the smaller bag does not open. After five minutes of shaking, check the **mixture**. If it has turned into ice cream, you're almost done.





🔊 Step 5

When your **creation** looks tasty, take the smaller bag out of the larger bag. Be sure to wipe the top of the small bag clean. You don't want rock salt or water in your ice cream. Carefully open the small bag. Scoop your homemade ice cream into a bowl.



🔊 Enjoy Your Ice Cream

Now comes the best part. Get a spoon and take a bite. How does it taste? It's much better than anything from the ice cream truck. Feel free to add **toppings**. Try using chocolate syrup, butterscotch, sprinkles, or candy. It's your creation. You can make it whatever you want.



🔊 Conclusion

Remember what you can do the next time you hear the ice cream truck's music. You can make your very own homemade ice cream. It's only a few minutes away. Enjoy!

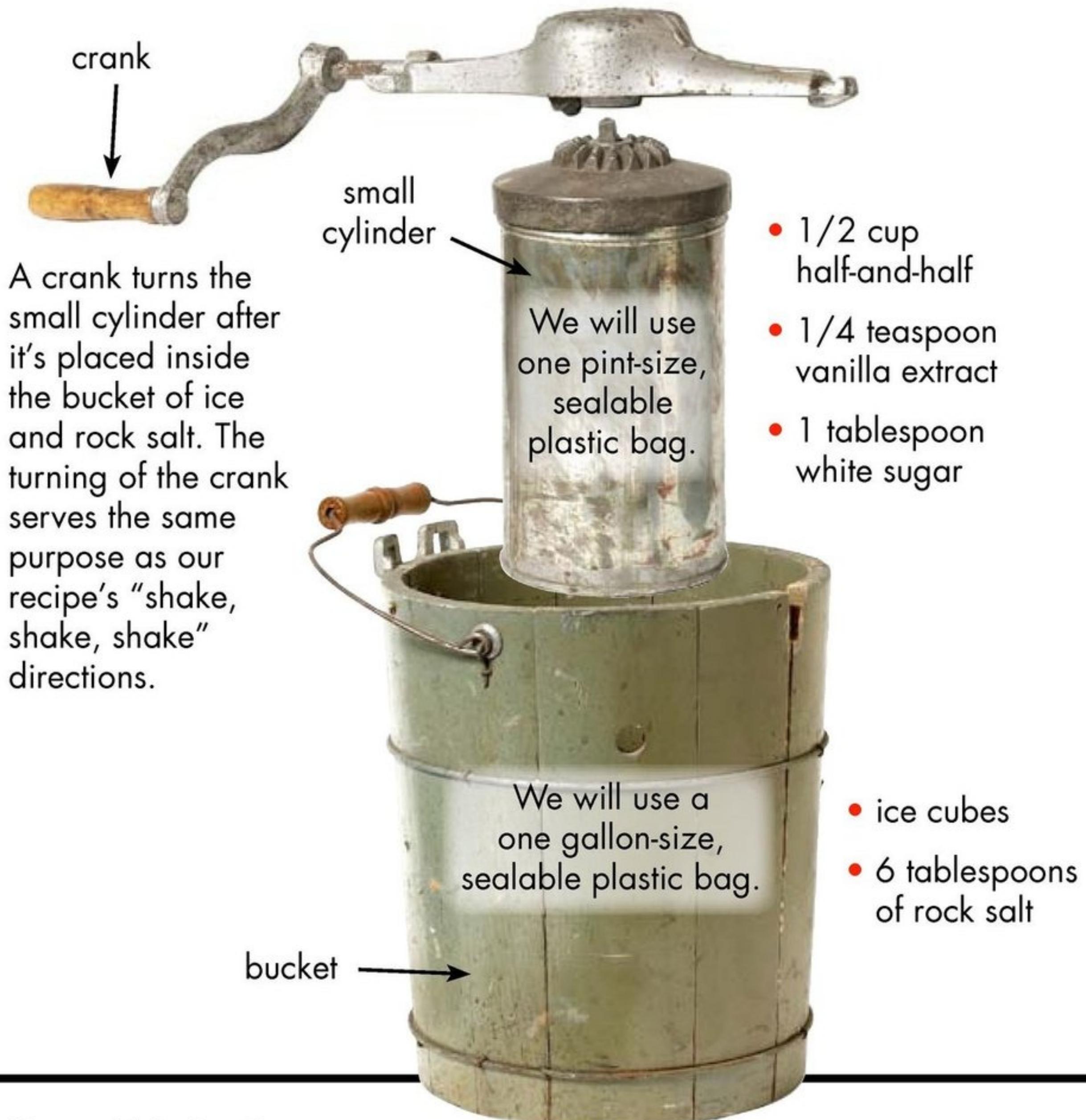
Glossary

creation (<i>n.</i>)	a product or good invented or imagined by humans (p. 13)
ingredients (<i>n.</i>)	food items that go into a dish or recipe (p. 5)
mixture (<i>n.</i>)	a product made from combining two or more ingredients (p. 11)
remember (<i>v.</i>)	to think of something again; to not forget (p. 4)
sealable (<i>adj.</i>)	able to be closed so that nothing escapes (p. 7)
toppings (<i>n.</i>)	sauce or other items put on top of food (p. 14)
vanilla (<i>adj.</i>)	having the flavor of any tropical American vine of the genus <i>Vanilla</i> in the orchid family (p. 7)

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The home hand-crank ice cream machine was invented by Nancy Johnson in 1846 but patented by William G. Young in 1848. See the diagram below for how our tools to make ice cream match ones your parents or grandparents may have used.



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