



Vanilla Ice-cream

4 large eggs separated

112g sieved icing sugar

A few drops of vanilla extract or 1/2 teaspoon (tsp) essence

285ml double cream, whipped - but not too stiffly

Whisk the double cream - not too stiffly.

Whisk the egg whites until they are fairly stiff. Whilst continuously whisking gradually add all but 1 tablespoon of the icing sugar & keep whisking to stiff meringue.

Go straight on to whisk the yolks (separate bowl) adding the rest of the icing sugar. Whisk until you have a pale thick mixture.

With a large metal spoon fold the yolks into the cream. Then fold in the meringue mixture.

Put into a solid container & freeze. This recipe needs no stirring part way through freezing. I use a glass container with fitted lid.

Bring out of the freezer 10 minutes before serving.

From: The Claire Macdonald cookbook