

## Ice Cream

### Vanilla Ice Cream

4 egg yolks  
4 egg whites  
1½ cup sugar  
6 cups half and half cream  
4 Tbs vanilla extract

In a large saucepan, beat 4 egg yolks until foamy.

In a mixing bowl, beat egg whites until foamy with soft peaks.

Add ¾ cup sugar to egg yolks.  
Add egg whites and sugar to yolk mixture.  
Stir in cream and remaining ¾ cup sugar.

Cook over medium heat, stirring constantly until mixture thickens—do not boil!

Remove from heat and add vanilla.

If possible, cool the mix before freezing it with an ice cream freezer.

### Fresh Blueberry Ice Cream

Use the recipe above, but add 3 cups fresh blueberries to the mix before heating. When the mixture thickens, remove from heat. Remove the berries with a slotted spoon or by pouring mixture through a screen. Don't forget to add the vanilla after you remove the blue berries. Note: you can leave the berries in the mix and freeze it, but the frozen berries are very hard on your teeth!

Cool mixture and freeze with an ice cream freezer.

Note that the ice cream tastes best if you have it aboard the Bob. It also tastes better if you use fresh glacier ice that you have just collected from icebergs surrounding the boat!