

# Vanilla Bean Ice Cream

## Ingredients

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3 1/3 c Milk (2% reduced-fat)

1 c Half-and-Half

1 Vanilla Bean (split or 2  
teaspoons vanilla extract)

1 c Sugar

3 Egg Yolks

## Instructions

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1. Combine milk and half-and-half in a medium, heavy saucepan. Scrape seeds from vanilla bean; add seeds and bean to pan. Bring milk mixture to a boil. Remove from heat. Remove vanilla pod; discard.

2. Combine sugar and egg yolks; beat with mixer at high speed until thick and pale. Gradually add half of hot milk mixture to sugar mixture, stirring constantly with a whisk. Return milk mixture to pan. Cook over medium-low heat for 2 minutes, stir constantly.

3. Place pan in an ice-filled bowl. Cool, stirring occasionally. Pour mixture into the freezer can of an ice-cream freezer; freeze according to manufacturer's instructions. Spoon ice cream into a freezer-safe container; cover and freeze 1 hour

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or until firm.