



101

FUN AND EASY RECIPES

with

ATOMS
EDUCATION



ICECREAM

Equipment you will need:

bowls
cutlery
microwave or pan
whisk
spatula
container

Basic Ingredients:

4 eggs
100g caster sugar
300ml double cream
2tsps vanilla extract

To develop learning using this recipe, you could research, design and make different flavoured icecreams and have your own icecream parlour. You could even add some cookie dough or chunks of brownie using our recipe cards.

TIME TO MAKE: 2-3 HOURS

METHOD

1. Separate the egg yolks from the whites. Put the egg yolks into one bowl and the whites into another. Place the egg yolks to one side for now.
2. Whisk the egg whites until they begin to form soft peaks when the whisk is removed.
3. Add the sugar to the egg whites and continue to whisk until it forms stiff peaks and is glossy.
4. In a separate bowl, pour the cream and then whisk until it begins to stiffen.
5. Use a fork to quickly beat the egg yolks.
6. Add the egg yolks and the whisked cream to the egg white mixture, along with the vanilla extract, and fold in gently.
7. Once evenly mixed, pour into a container and freeze for at least 2 hours.