



# Vanilla ice cream sandwiches

40'  
Hands on

6 hours'  
Hands off

10  
Portion(s)

2  
Difficulty



## Ingredients

- 1 liter milk, 3,5% fat
- 250 g granulated sugar
- 2 vanilla pods
- 10 egg yolks, of medium eggs
- 2 pinches salt
- 90 g heavy cream 35%
- 20 [triple chocolate chip cookies](#)

## Διατροφικός πίνακας

Nutrition information per portion

589 Calories (kcal)	34.0 Total Fat (g)	19.0 Saturated Fat (g)	60.0 Total Carbs (g)
29%	49%	95%	23%
43.0 Sugars (g)	10.0 Protein (g)	2.2 Fibre (g)	0.2 Sodium (g)
48%	20%	9%	3%

## Method

- Add the milk and 125 g sugar into a [pot](#).
- With a small knife, cut the vanilla pods in half lengthwise, remove the seeds, and add them to the pot along with the pods.
- Transfer the pot over low heat, until the mixture comes to a boil.
- In a [bowl](#), whisk the yolks with the remaining sugar and the salt, until they are homogenized.
- Slowly pour –you can use a ladle to do it easily– the milk mixture into the egg mixture, whisking constantly so it will not split.
- Transfer the mixture to the pot and boil it over low heat, stirring softly with a silicone spatula, for 3-5 minutes, until it reaches the temperature of 85° C (185° F) and starts thickening. Ideally, you should use a thermometer but, in case you don't have one, you can check it by putting a little of the mixture on a plate and run your finger through it. If it holds a line when you do that, then it should be ready.
- Remove the pot from the heat and add the heavy cream to cool the mixture faster.
- Pour the mixture into a 25x30 cm [baking pan](#) but pass it through a sieve first in order to remove the vanilla pods.
- Cover the baking pan with plastic wrap and make sure it touches the surface of the mixture to prevent a skin from forming.
- Refrigerate the baking pan for at least 6 hours – ideally for 24 hours.
- Start adding the mixture into the ice cream maker in batches, making sure that each time it does not exceed the surface of the bowl because its volume will increase a lot.
- Serve the ice cream right away or freeze it to chill more.
- The total amount of ice cream is 1.200 grams.

For the ice cream sandwiches

- Add a scoop of ice cream on a chocolate cookie and cover it with a second cookie to make a sandwich. Follow the same process with the rest of the cookies.
- Serve.

## Tip

For the most impressive ice cream sandwiches, decorate with melted chocolate, sprinkles, fruits, caramelized nuts, or anything else you like.