



# Ice cream base

20'  
Hands on

10'  
Cook Time

1 kilo  
Portion(s)

1  
Difficulty



## Ingredients

- 500 g milk
- 300 g heavy cream 35%
- 150 g granulated sugar
- 50 g honey
- 1 tablespoon(s) corn starch
- 100 g cream cheese

## Διατροφικός πίνακας

Nutrition information per 100 gr.

198 Calories (kcal)	10.0 Total Fat (g)	6.4 Saturated Fat (g)	24.0 Total Carbs (g)
10%	14%	32%	9%
22.0 Sugars (g)	3.2 Protein (g)	0.0 Fibre (g)	0.15 Sodium (g)
24%	6%	0%	3%

## Method

This is an exceptional base for ice cream. After making this you can add different ingredients in order to give the ice cream any flavor you want.

- In a **pot**, heat the heavy cream, 400 g of milk, sugar and honey.
- In a **bowl**, combine the remaining 100 g of milk and corn flour.
- When all of the ingredients have boiled for 2-3 minutes, add the milk-cornstarch mixture and boil for another 2 minutes while stirring continuously.
- Remove from heat and add the cream cheese. Stir to combine.
- At this point you can add any other ingredients to give the ice cream the flavor you want. If you want vanilla ice cream for instance, you can add some vanilla extract or vanilla power.
- Fill a bowl with ice water. Place another bowl over it and pour mixture into bowl to cool quickly.
- When it has completely cooled, place in freezer.

## Tip

You can also place the mixture in a resealable plastic bag, put it in the freezer and remove it every hour to “massage” it in the bag. This will give you an extra creamy ice cream!