

Make Your Own Ice Cream

In honor of National Ice Cream month, we make our own delicious vanilla ice cream using a few simple supplies. But flex those arm muscles, you're going to need them!

MATERIALS:

Measuring spoons
Measuring cups
½ cup of Half & Half
1 tablespoon sugar
¼ teaspoon vanilla
½ cup of salt (large rock salt works best)
5 + cups ice
(2) quart-size zip style plastic baggies
(1) gallon-size zip style plastic baggie
Scissors
Bowl & spoon
Gloves & a small towel (optional, for mess)

DIRECTIONS:

Measure out the half & half, the sugar, and the vanilla into a quart sized baggie.
Squeeze out as much air as you can and seal the baggie.
Place the baggie inside the other quart sized baggie for extra protection.
Place the doubled-up baggie into the gallon sized baggie and add the 5 cups of ice.
Add the ½ cup of salt to the gallon baggie and seal it.
Now it's time to shake! Shake the baggie for about 5-10 minutes and the cream should begin to solidify.
You may need to add an additional cup of ice while shaking if the ice melts too quickly.
Check the small baggie to determine the consistency.
Once you're satisfied with the consistency of the ice cream cut a corner off the baggie and squeeze the ice cream out into a bowl like soft serve ice cream.
If you want your ice cream to solidify more than soft serve, put it in the freezer for a couple of hours before you take it out of the baggie.

WHAT'S THE SCIENCE BEHIND THE ICE CREAM?

The salt added to the ice lowers the melting point of the ice. In order for the ice to melt, however, it has to absorb heat from its surroundings, like the ice cream ingredients in the bag.

The ice pulling the heat away from the ice cream makes the ice cream cold enough to freeze.

Shaking all the ingredients in the baggie turns the ice cream into a compound. This means once all the ingredients are bound together they cannot be separated by physical means.