

### Ice cream

Making ice cream last week was fun, and I promised to give the recipe. The recipe I used is adapted from my Mom's recipe, a terrific family favorite:

**4 eggs** (improves fluffiness, makes the ice cream melt slower, helps keep the water and cream from separating)

**2 ¼ cups sugar** (besides making the ice cream sweet, sugar improves the body and texture)

**½ teaspoon salt** (it wouldn't taste as good without salt)

**¼ ounce packet unflavored gelatin** (helps prevent large crystals, gives substance, absorbs some free water)

**¼ cup instant milk powder** (optional, increases the solids content which gives more body. Use fresh, or omit; it can give a stale flavor)

**4 cups of light cream or half-n-half** (the cream gives richness, smoothness, and flavor)

Up to about **6 cups milk**

**2 Tablespoons vanilla** (use less vanilla if you're making another flavor ice cream)

My mom didn't cook the ice cream, but cooking the ice cream mixture before you freeze it will pasteurize it, so the modern method includes cooking. I used my mixing bowl as the top of a double boiler, to avoid scorching.

Put the eggs in a metal mixing bowl and beat until light. Mix the gelatin with the sugar and salt, then gradually add to the eggs, beating until the mixture thickens a bit. Mix in the instant milk powder. Add the cream next and four cups of milk, and stir it all up nicely with your mixer, a spring stirrer or a whisk. Hold on the vanilla. Move the metal mixing bowl to over the top of a pan that has some water in it, or transfer the mixture to the upper section of a double boiler. While stirring, heat to about 70°C (160°F). If you don't have a thermometer, the mixture will be steaming, but not boiling. Then cool the mixture as quickly as possible by placing the upper section of the double boiler into cold water. Cool the mixture to below 18°C (65°F).

The ice cream is best if the mixture stored in the refrigerator overnight before it's made into ice cream. This improves the whipping qualities of the mixture, and the body and texture of the ice cream. Try to give it at least four hours in the refrigerator.

Stir in the vanilla (or other flavoring) just before you freeze the ice cream. Freezing makes the ice cream cold, *and* puts air into the ice cream, which makes it fluffy and delicious. That's why ice cream makers have dashers, and why shaking or tossing your ice cream if you don't make it in an ice cream maker is important.

Make sure your ice cream making container and dasher are clean. You can put them in the freezer after they are scalded (or sterilized in the dishwasher) so they start off cold.

Fill the ice cream container about 2/3 full with cold ice cream mixture. The ice cream expands as it freezes and air is incorporated into it. If you make the ice cream in an ice cream freezer, add enough milk to fill the freezer about 2/3 full (the recipe calls for up to six cups of milk). If you don't have an ice cream freezer, putting some mix into a small jar with a wide mouth and a tight fitting lid works fine. Other recipes suggest small zip-lock freezer bags, but only fill bags about half full. We used the disposable bowls with lids, but some of them didn't hold up well. You can use duct tape to ensure lids stay tight depending on what containers you have. Place the jars or small freezer bags into larger zip-loc freezer bags about half filled with crushed ice and about ¼ cup salt. We used rock salt.

Salt in the ice is critical to transforming the ice cream mix into ice cream. My mom says to use plenty of rock salt in layers with the ice. She uses at least two cups of salt to start around her gallon ice cream maker, and adds more when she adds ice. Whatever method you use, you should have soft ice cream in 20 or 30 minutes. Eat immediately or put the ice cream into whatever container you like and place it in the freezer to harden.

The salty transformation scripture: Colossians 4:5-6, "Be wise in the way you act toward outsiders; make the most of every opportunity. Let your conversation be always full of grace, seasoned with salt, so that you may know how to answer everyone."

## Return to Narnia



Recently a friend took Paul and me to see Prince Caspian. We liked it very much even though it differs from the book. Some of you have read the book or seen the movie. Prince Caspian is all about what happens to our faith and how we act when God seems far away. Our perceptions of God's distance affect our actions. Jesus was here 2000 years ago, and did some amazing things, but what's keeping him occupied now? Why do some people see him more clearly than others? Why doesn't he talk to *me*?

How do you feel about a Prince Caspian oriented series and overnight/campout? We could chat about characters like Caspian X, Doctor Cornelius, Trufflehunter, Nikabrik, Trumpkin, Reepicheep, bulgy bears, Pattertwig, Glenstorm and such. We could make and eat some Narnian food, play some Narnian games, and see how our Narnian adventure unfolds differently from the last time we visited.

I couldn't find a release date for the Prince Caspian DVD. We could wait to return to Narnia until we could be sure of watching the DVD during the overnight, or we could watch the BBC version of Prince Caspian, and view the new version during another gathering later.

Let me know what you'd like to do.

Sunday School starts at 9:00 June-August. This week Barb Brown is facilitating Sunday School. She has planned something Jesus oriented and fun. VBS activities continue as well. Be there, high hee and a low ha!

Love,

--Bonnie

<http://www.palmerlogchurch.org>

<http://www.myspace.com/188175483>

phone: 746-7571

e-mail: [bga@mtaonline.net](mailto:bga@mtaonline.net)

