



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

[Veterans-For-Change](http://www.veteransforchange.org)

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



Strawberry-Chocolate Ice Cream

Prep Time: 15 mins

Cook Time: 10 mins

Rest Time: 4 h

Total Time: 4 h 25 mins

Ingredients

- 1 1/2 teaspoon gelatin, unflavored
- 1 tablespoon water
- 3 cup(s) milk, lowfat (1%), divided
- 3 large egg yolk(s)
- 14 ounce(s) condensed milk, sweetened, fat-free
- 1 vanilla bean, whole
- 3/4 cup(s) strawberries, fresh or frozen, chopped
- 1/4 cup(s) chocolate chips, semisweet miniature, or cocoa nibs



Preparation

1. Sprinkle gelatin over water in a small bowl; let stand, stirring once or twice, while you make the base for the ice cream.
2. Pour 1 1/2 cups milk into a large saucepan. Cut vanilla bean in half lengthwise; scrape the seeds into the milk and add the pod.
3. Heat the milk mixture over medium heat until steaming. Whisk egg yolks and condensed milk in a medium bowl. Gradually pour in the hot milk, whisking until blended. Return the mixture to the pan and cook over medium heat, stirring with a wooden spoon, until the back of the spoon is lightly coated, 3 to 5 minutes. Do not bring to a boil or the custard will curdle.
4. Strain the custard through a fine-mesh sieve into a clean large bowl. Add the softened gelatin and whisk until melted. Whisk in the remaining 1 1/2 cups milk. Cover and refrigerate until chilled, at least 2 hours.
5. Whisk the ice cream mixture and pour into the canister of an ice cream maker. Freeze according to manufacturer's directions.
6. During the last 5 minutes of freezing, add strawberries and cocoa nibs (or chocolate chips) to the ice cream maker. If necessary, place the ice cream in the freezer to firm up before serving.