

Make your own Ice Cream

History: Ice cream first became a treat in America around 1710. President George Washington frequently enjoyed ice cream, so much so that two ice cream making vessels were on the kitchen inventory at Mt. Vernon. His favorite flavor was parmesan. Thomas Jefferson also enjoyed ice cream, but it was first lady Dolley Madison that introduced ice cream to the masses. Follow the directions below to make your own ice cream.

Materials:

½ cup of milk	1-gallon size plastic bag
1 tbsp. sugar	1-quart size plastic bag
¼ tsp. vanilla extract	4 cups ice
6 tbsp. salt	

Directions:

1. Put ice in large bag
2. Put milk, vanilla and sugar into the small bag. Seal, squeezing out all the air.
3. Placed the sealed smaller bag into the large bag containing the ice.
4. Add 6 tablespoons of salt into the ice bag. Seal, squeezing out all the air
5. Shake vigorously until mixture reaches a thick ice cream-like appearance (approx. 5 minutes).
6. Carefully remove the smaller bag and rinse off the outside of the smaller bag with water so salt does not get into the ice cream.
7. Your ice cream is now ready to eat from the bag.