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ICE CREAM.

PRACTICAL RECIPES

FOR MAKING

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—BY—

JOHN D. MILLER,

MOBILE, ALA.,

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JOHN D. MILLER,

Aug. 13th, 1886.

PREFACE.

This Book will give full directions in detail how to make Ice Cream, you will have no loss or disappointments, it will tell you how to avoid getting bad Eggs in your Cream, it will tell you which kind are the best Freezers, it will tell you how to make your Custard and how to freeze it, how to keep it frozen, and how to dish it up to the advantage and satisfaction of all concerned.

My experience has convinced me that many know how to make Ice Cream, but very few know how to make it good.

ICE CREAM!

HOW TO MAKE IT.

To 1 gallon of sweet, fresh milk take 1 dozen of chicken-eggs, 1½ lbs. clean white sugar, and 1 tablespoon of good white flour. When breaking the eggs, do not break them over the bowl in which they are to be beaten, but break them separately into a tumbler, to avoid getting bad eggs into the bowl. Add a tablespoon or two of the sugar to the eggs, and beat them rigidly until they are thoroughly fine and foam up high. Next dissolve the tablespoon of flour with a little of the milk. Now, after everything is prepared, place the milk over the fire, stir into it the well-beaten eggs, and when the milk is hot add the dissolved flour, and the sugar. Stir the milk constantly with a long-handled stout spoon from the bottom up, to keep it from scorching, for if it is allowed to scorch it will be ruined. The custard must remain on the fire until it almost comes to a boil, and begins to get thick, and ropy.

then remove it from the fire. As soon as the custard is done, in order to free it from all impurities that might have been in the milk or sugar, it is well to strain it through a thin piece of domestic, such as is used for small meal sacks. If in no hurry to freeze the custard, place the vessel containing it into cold water, and allow it to cool first. If the custard should be frozen at once, pour it into the freezer place the freezer into the tub, and put broken ice around it. Clean off well the cover of the freezer, then remove it, and stir up the custard with a paddle until it is thoroughly cold. Now the custard is ready to to be flavored, which may be done with any good flavoring-extract as Lemon, Vanilla or Strawberry, according to taste. To make red, or pink Ice Cream, purchase coloring in the shape of paste, dissolve as much of it as the size of a nutmeg in a little cold water, and strain it through a thin cloth. Stir the coloring well into the custard, the same as the flavoring, after it is thoroughly cold. Cover up well the freezer again. Take out the stopper just over the bottom of the tub, and draw off the water, then replace the stopper again tightly, and cover the

ice which remains in the tub with a layer of salt, then put in a layer of ice and salt again, and continue so to put in layers of ice and salt alternately until you reach the top of the can. Turn the can gently around until the ice sinks below the cover, then take a whisk-broom and carefully sweep all ice and salt from the top and sides of the cover and the tub, wipe it also clean with a cloth, now raise the cover partially, and sweep, and wipe again before removeing it altogether. After the cover is removed, take the wooden paddle, and scrape the frozen cream down from the sides of the can, and stir it up well from the bottom. At first the can will stand tight in the ice packing, but after a while it will become loose, so that it can be turned with the paddle; continue thus scraping, and stirring the cream, and turning the can until the cream is well frozen. Scrape the cream that adheres to the paddle back into the freezer, and cover it up tightly again. Draw off the water again, which has formed by melting ice and salt, and then stop up tightly to prevent any leakage. Fill up the tub again with alternate layers of broken ice and salt, then raise the freezer in the tub from about

2 to 5 inches, according to the size of the freezer, to permit some of the ice to fall under the freezer. Now fill up again with ice and salt, as much as the tub will hold, useing for the top layer finer broken ice. The freezer is now ready to be wrapped. This must be done well, otherwise the cream can not be kept well frozen. Proceed in the following manner: Take as many sacks as will be necessary to make a roll thick enough to tightly fill out the space between the can and the tub, rip them open, and place them on the floor in the following manner: The first sack place before you, so as to form the shape of a diamond, with the corners pointing one towards you, one from you, one to the right, and one to the left. The second sack place upon the first one in the same manner, but draw it a little towards you, so that the corner pointing towards you overlaps the corner of the bottom sack about 3 inches. In the same way put down all the sacks, always letting the upper sack overlap the lower one. Then begin at the corner pointing towards you, and roll up the sacks as tight as possible. This coil of sacks place around the can as soon as the ice has melted down a little.

and wedge it into the tub with a broad, wooden wedge, and a mallet. Let one end of the coil, the inner one, stick out a little, so as to afford a hold in removing the coil again. This renders the tub airtight, the can stands firm, the tub may be rolled or turned over without any danger, and can be handled with perfect safety while transporting it. The outside of the tub may also be wrapped with a few sacks; it is well to do so in hot weather. To do this fold the sacks to a width corresponding with the higth of the tub, wrap them around the tub smoothly, and tie securely with a stout string. Cream packed in this manner, will freeze perfectly hard, and will remain well frozen for nearly 24 hours.

GENERAL REMARKS.

The boiler in which the custard is boiled, may be of any material, with the exception of copper or brass, which should never be used; best of all is a porcelain-lined boiler. The fire over which

the custard is boiled, must not be too hot, nor smoky. If the straining of the custard is too troublesome, and the milk and sugar contain no impurities, then the straining may be omitted. The "old style" freezer is the cheapest and best that can be used, it should be made of good stout tin, or better yet, of galvanized iron. Never fill the freezer to the top with custard, but leave from 2 to 6 inches room so that the ice may stand higher in the tub than the custard in the can, and to allow space for stirring the cream which will raise up while freezing; the more the cream is stirred and beaten, the looser and better it will be. Always have the cream frozen hard, so it will not stick to the spoon, but will curl over nicely when the spoon is drawn through it. The more salt is used in freezing the cream, the harder it will be, but if too much is used the cream will be too hard, and it will be difficult to dish it out. The right proportion is about a quart of course salt to 12 lbs. of ice. If there are any lumps in the salt crush them, do not sprinkle any lumps on the ice. The spoon used in dishing out the cream should be of a good size with a well rounded point, and a short strong handle. The freezer tub should be a good strong tub, well bound, large enough to hold a sufficient

quantity of ice to freeze the cream, and keep it frozen, and from 2 to 6 inches higher than the can. The paddle should be made of white oak, or any other good hard wood. It should have a round handle about 1 inch in diameter and of sufficient length to afford a good hold with both hands. The blade should be well sharpened, and from 5 to 12 inches in length, according to size of freezer. Break up the ice in a tub or box in pieces small enough to fit nicely between can and tub; place in the largest pieces first, and fill out the space between them with smaller ones. Take care that the can remains always straight up in the centre of the tub. Coloring and flavoring extracts are best purchased from candy manufacturers. What quantity to use, taste alone can decide, but a teaspoon of extract to a gallon of cream is generally sufficient. Never use duck eggs to make the custard, but only chicken eggs or guinea eggs, of the latter you must take a few more, as they are smaller. A gallon of milk, with the sugar and eggs added, will make 1½ gallon of Ice Cream. If more or less milk is used, the quantity of eggs, sugar, and flour must also be increased or diminished in proportion. As the ice melts, and floats from under the can, shove the latter down, to keep the

ice in the tub always at a higher stand, than the cream in the can. As long as the ice stands higher than the cream, the can will be frosted on the inside. If it is not frosted, it indicates that the ice has sunk below the level of the cream, then shove your can down more; if it will not go down any further, then you must fill up with ice and salt again, therefore pack well at the outset. The only Ice Cream that is generally colored is such, flavored with strawberry. It will be well to remark once more, that the custard must be neither flavored nor colored while hot or even warm, but it must be perfectly cold. The richer and fresher the milk is, the better the cream will be. Oat sacks or bran sacks are the most convenient to use, as they are almost square. Ice Cream made and packed as described in this receipt will not spoil; what is not used to-day need only be repacked to-morrow. Such who are in the business, will do well to make their custard in the evening, set it in cold water, and about 10 or 11 o'clock, when their freezers are empty, pour the custard into them, let stand till the next morning, then flavor and freeze. If the custard can not be made in the evening, let the empty freezer stand packed till next morning, it will then contain ice enough yet, to cool the custard. The above receipt is based upon a practical experience of 8 years.

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