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How to Make Homemade Lowfat Chocolate Ice Cream; Using an Ice Cream maker with Ice and Salt!

What's better than homemade lowfat Chocolate ice cream? It is actually quite easy, and tastes better than anything from the store and costs less, too. You only need an ice cream maker (either electric or manual) that uses salt and ice for

cooling. These directions will work fine for all ice cream makers that use ice and salt; such as (but not limited to):

Aroma, Hamilton Beach, Richmond Cedar Works (RCW), Rival, Oster, Rival (8400, 8401, 8401M, 8405,

8410, 8420, 8450, 8455-X, 8550, 8550-X, 8600, 8605, 8650, 8620, 8704, 8704P, 8706, 8804, 8806, F64306, etc.) Waring, White Mountain ice cream makers and many others. If you have an [ice cream maker that uses a gel container that you pre-freeze, see these instructions instead!](#) If you are looking for an

instruction manual for your ice cream maker, we have them, too! [See this page.](#)



Directions for Making Homemade Chocolate Ice Cream

Ingredients

- 2 cups fat-free or low-fat milk
- 1 cup sugar
- 1/4 cup fat-free powdered milk
- 8 eggs (yolks only needed)
- 1 cup half-and-half OR fat-free half and half
- 1 teaspoon vanilla extract
- 1/2 cup of chocolate syrup

Equipment

- 1 ice cream maker
- ice cubes (about 8 tray's worth)
- 2 cups (500 ml) table salt
- 1 large pot
- 1 wooden or plastic spatula



Instructions

Step 1 - Be sure you have plenty of ice and salt

There's not much point in trying to make ice cream if you need ice for the ice cream maker. For a typical 2-quart ice cream maker, you will need approximately: 2 cups (500 ml) table salt and 8 trays of ice cubes. It is NOT NECESSARY to use rock salt or crushed ice in most units (certainly not the Oster's).

Step 2 - Heat the milk, sugar and powdered milk

In a large pot (4 quarts or larger) with a heavy bottom (for even heat distribution), mix the milk, sugar and powdered milk. Bring the mix to a low simmer over medium heat and stir to dissolve the sugar, then turn the heat down and just keep it warm.



Step 3 - Separate 8 egg yolks

Separate the egg yolks from 8 large eggs.



Step 4 - Whip the egg yolks until thickened

Put the egg yolks in a medium bowl and whisk until they are thickened (it only takes about 2 minutes. I use a hand mixer on low speed.



Step 5 - Slowly add 1 cup of the hot milk mixture to the egg yolks

While constantly whisking, slowly add 1 cup of the hot milk mixture and whisk until it is blended (a few seconds).



Step 6 - Pour the egg yolk mix into the pot of hot milk

Then pour the egg mixture back into the pot of hot milk and increase heat to medium. Stir the mixture constantly with a wooden or plastic spoon, until the mixture is thickened (like gravy) and registers between 170F and 180F (check with an instant-read thermometer, like the ones with a probe).



Step 7 - Add the half and half and vanilla and refrigerate

Stir in light cream (or half-and-half) and vanilla. Cover and pop into the refrigerator for at least 6 hours before continuing on to step 8. Overnight or even 24 to 48 hours is fine.



Step 8 - Mix the milk/cream mix and put the canister in the ice cream maker

About 45 minutes before you want to serve the ice cream, stir the milk/cream mixture well. Pour the milk/cream mixture from step 8 into the metal freezing canister and put the cover on the canister. Put the canister in the cream maker. Layer ice and salt solution as follows:



A. Pour 1 cup (250 ml) cold water into Ice Bucket.

B. Place a 1 inch (2.5 cm) layer of ice cubes around Cream Canister in Ice Bucket.

(Hint: the ice cream canister should stand straight while layering.)

C. Sprinkle 1/3 cup (75 ml) table salt or 1/4 cup (50 ml) Kosher (coarse)

salt on ice.

D. Continue layering ice and salt to the top of the Ice Bucket.

E. Pour 1 cup (250 ml) cold water over top ice layer.

Step 9 - Add the salt and ice and turn on the ice cream maker!

Turn the ice cream maker on and let the maker work until it is thickened, about 20 to 25 minutes. From time to time, add more ice cubes and salt as needed.

After about 20 minutes when the ice cream starts to get thick and nearly done, that is the time to add the chocolate syrup.

I add about 1/2 cup of chocolate syrup - I use the Hersey's sugar free syrup, but both the variety and amount are a matter of personal taste preferences!



You can tell when the ice cream is done, by simply checking the consistency through the opening on the top of the ice cream maker. You will also hear the motor straining, as the ice cream freezes. On some units, the directions with the maker tell you to let it work until the motor stalls and stops.

When it is done, the ice cream should have a soft, creamy texture. If you want firmer, harder ice cream, transfer the ice cream to an airtight container and place it in freezer for about 2 hours. Remove from freezer about 15 minutes before serving.

Step 10 - Enjoy!

Hey, once it reaches the consistency you like, it's time to eat! That's it! You made great homemade ice cream!

