

Cleo Coyle's No-Churn Vanilla Bean Ice Cream

(No Machine Needed)

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While vanilla extract may be convenient, vanilla beans truly bring recipes to another level, and this one is no exception. My husband, who is a stickler for quality ice cream, flipped for the creamy texture and beautiful flavor in [this](#) ice cream. Don't let the vanilla beans scare you. They're easy to work with (and fun to work with, too). See my tips at the end of this recipe on buying and storing them. May you eat with joy! ~ Cleo

Makes a little over 1 quart (around 5 cups)

Ingredients:

- 1 (5 ounce) can evaporated milk (about 2/3 cup)
- 1 vanilla bean pod
- 2 cups Heavy Cream (aka Heavy Whipping Cream)
- 1 (14 ounce) can Sweetened Condensed Milk (about 1-1/4 cups)
- 2 pinches of table salt (or finely ground sea salt)

Step 1 – Infuse your evaporated milk with vanilla bean flavor: Pour your evaporated milk into a small saucepan. Place your vanilla bean on a flat surface. Run a sharp knife down the length of the bean to split it, and use your fingers to pull it open. With the edge of your knife, scrape all the seeds out and add them to the pan of milk. Throw the used pod into the pan, too.



To see my short video on [How to Split and Scrape a Vanilla Bean](#), [click here](#).

Now bring the milk to a simmer (do not boil). As soon as it begins to simmer, remove the pan from the stove to a cool place in the kitchen. Place the lid on the pan, and allow the vanilla beans and pod to infuse the milk for at least one hour.

After one hour, remove the pod from the pan and proceed with the recipe using this newly infused “vanilla evaporated milk” in place of the plain evaporated milk in the recipe. (Note: the milk should be room temperature after an hour off the heat. If not, pop it in the fridge for 10 minutes or until cool.)



Photo by Cleo Coyle



RECIPE GUIDE



BREWED AWAKENING

Free Recipe Guide to
Cleo's new culinary mystery
Brewed Awakening:
[click here](#).

Step 2 - Make the ice cream:

In a chilled metal, glass, or ceramic bowl, beat the 2 cups of heavy cream with an electric mixer until thickened. Do not create whipped cream, just beat it until it resembles a thickened white gravy. See my photo on the right. >>>



Pour in the sweetened condensed milk and the “vanilla evaporated milk” from Step 1. Be sure to scrape the bottom and sides of the pan clean of all milk and vanilla beans. Finally add the salt. Beat the mixture until slightly thick again, about a minute.



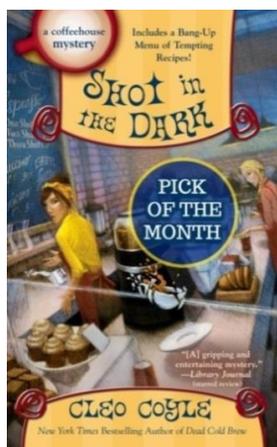
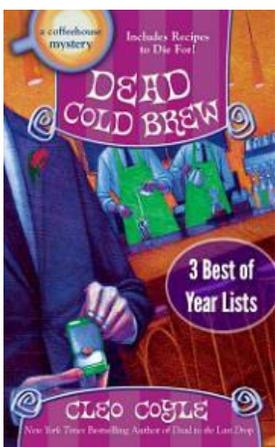
Pour the mixture into a chilled 9 x 5 metal loaf pan. A metal pan will conduct the cold better than a sealed plastic container. Do not fill to the very top.

Wrap the loaf pan in plastic wrap, keeping the plastic from touching the ice cream itself. Place the pan in the freezer for a good 12 hours before scooping and serving.

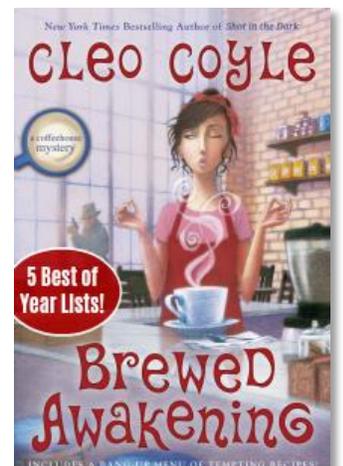
To store: Transfer the ice cream into a re-sealable plastic container or continue to re-wrap the metal pan in plastic wrap to prevent freezer burn.



Eat with joy! ~ Cleo



The [Coffeeshouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle’s online coffeehouse at www.CoffeeshouseMystery.com And her recipe blog at www.CleoCoyleRecipes.com



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Cleo's Vanilla Bean Tips

BUYING VANILLA BEANS

I like to buy my vanilla beans online. If you'd like to learn the difference between Madagascar Vanilla, Mexican Vanilla, and Tahitian Vanilla, as well as other varieties, [click here](#) to visit the **Beanilla** site. Shipping is free in the US.

For those of you in the UK or EU, try **VanillaMart** by clicking [here](#).

STORING VANILLA BEANS

The goal of storage is to prevent your beans from drying out. Once I receive my beans in the mail, I take them out of their packaging and wrap each one individually in plastic. Then I store them all in an airtight container in a cool, dry area of the kitchen. Most sources agree to keep them far, far away from the refrigerator, which will dry them out.

TROUBLESHOOTING DRIED BEANS

If your beans are dry and brittle instead of plump and supple, they're older and have dried out. I ran into this problem when I bought them in local stores, which is why I now buy them online. You can still work with dried beans. Soak them in warm water for 20 minutes or so until they become more supple. Then pat them dry and proceed with splitting and scraping them.

USING PODS FOR VANILLA SUGAR

If you scrape out the seeds for a recipe, don't discard the pod. Place it in a sealed container with one cup of sugar and you'll soon have vanilla-flavored sugar for your coffee, tea, or try sprinkling it over fresh berries, your morning oatmeal, or baked apples. Delicious! And may you...



Eat (and read) with joy!



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