

# Cookies & Cream Ice Cream from Organic Test Kitchen.com

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## Blog Post "[Natural Cookies & Cream Ice Cream](#)"

This is honest and straightforward Cookies & Cream Ice Cream. Organic Cream, Milk, Sugar, Vanilla & Chocolate Sandwich Cookies. No artificial stuff, everything made using responsible farming methods. An honest and clean treat with no chemical trickery. In this recipe we'll use pure vanilla extract. However, we will touch upon substituting a vanilla bean sometime in the future.

Again, all ingredients should be organic, they are easy to obtain and not too costly. Substitute if you have to because even if you do this will probably be the cleanest ice cream you've ever had (no guar gum, artificial flavors etc. etc.). One thing you really shouldn't compromise on though is the vanilla extract. If you use imitation you are really consuming propylene glycol. Not good.

### Shopping List

1 cup of whole milk

1/2 cup of granulated sugar

2 cups of heavy cream

1 teaspoon of pure vanilla extract

1 box of Newman's Own Organic "Oreo Style" Chocolate Sandwich Cookies

### Preliminary ("Chill'in" *EVERYTHING*...)

When making ice cream you want everything down right cold. Your storage container for the finished ice cream should be a thick walled one so it can hold a lot of cold. When your ice cream comes out of the machine it will be soft and very susceptible to melting. So the container you're putting it in and everything that touches it should be cold. This being said, place your storage container in the freezer for at least 2 hrs prior to making the ice cream. Also, place a medium mixing bowl, the whisk, a rubber spatula, the cream and the milk you will use. Then add the amount of cookies that suits your pallet and place these in a large plastic baggie. Smash the cookies into pieces and place them the freezer to chill them down.

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## The Main Event (The Ice Cream)

Add the milk and the sugar to the medium mixing bowl. Whisk until combined.

Add and whisk in the heavy cream and vanilla extract.

Place the bowl in the freezer.

Set up your ice cream machine (make certain that the cold unit is completely frozen)

Take the bowl out of the freezer and add the ingredients to the ice cream machine..

After about 25-30 minutes the ice cream should be done. Keep the machine churning until the ice cream really has formed some body and as such has begun to rise up in height (you'll know what I mean when you see it). Better to churn more than less.

Immediately transfer the finished ice cream to the storage container using the rubber spatula. Work quickly.

Take the smashed cookies out of the freezer and stir them into your ice cream. Your ice cream maker's literature may tell you to add the ingredients to the ice cream as it's churning. Bad idea. The bits of what you're adding tend to get caught in the scraping blade of the machine. Best to make the ice cream and then add your pre-chilled additions.

Place the air tight lid on the container or cover with plastic wrap (push down the wrap until it physically makes contact with the ice cream excluding any air). Place in freezer and allow to "ripen" for a few hours.

Ice cream in moderation is a beautiful thing. The problem is that most of us have never had the real thing. Forget about the fake chemicalized stuff and have the real deal. Enjoy and live naturally