



## Ice Cream

Categories: Desserts

Yield: 1.5

### Ingredients

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Amount	Ingredient	Preparation
6	<b>eggs</b>	separated
0.75 cup	<b>castor sugar</b>	
450 ml	<b>cream</b>	
1.5 tsp	<b>vanilla essence</b>	

### Instructions

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Beat egg whites until stiff, add half the sugar and beat until glossy.

In another bowl beat egg yolks with the remaining sugar until thick, add vanilla and fold into egg whites.

Whip cream till it begins to thicken and fold into egg mixture. Add any desired flavours e.g. chocolate chips, nuts, fruit; pour into a shallow container and freeze (about 2 hours).