

Smith Family
Dutch oven - dessert

Dutch Oven Ice Cream

For ice cream mixture :

1 package vanilla instant pudding (any flavor will do)

2 cups milk

½ cup sugar

¼ cup of egg substitute

½ tbsp vanilla extract

¼ tsp lemon juice

1 cup whipping cream

1 - 12 oz can condensed milk

For freezing:

½-1 pound dry ice

Directions for ice cream mixture :

Chill a 12 inch Dutch oven in an ice chest or bucket.

Mix pudding and milk in a bowl.

In a separate bowl, mix sugar, egg, vanilla and lemon juice.

Add to pudding mixture.

Pour mixture into a dry and very cool oven

Add whipping cream and condensed milk; stir.

Freezing instructions :

Place your dry ice in a large ziploc bag. Do not zip the bag completely shut. Cover bag with a dish towel and use a rolling pin (or meat mallet) to crush the ice into a fine, sandy powder. This requires a little muscle. All pieces should be smaller than a small pea.

Pour chilled ice cream base into cool Dutch oven. While stirring mixture, gradually pour in the crushed dry ice.

Dry ice will “fog” and ice cream will begin to freeze. Pour in the dry ice slowly, and stop adding it as the ice cream freezes. Churn for 2-3 minutes.

Serve right away, or transfer to a freezer-safe container (let it sit out for 5-10 minutes to allow excess carbon dioxide to dissipate) with a lid and store.