

## Wise Notes

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### **Making Homemade Ice Cream Using Raw Eggs**

In 1984, President Ronald Reagan designated July as National Ice Cream Month and the third Sunday of the month as National Ice Cream Day. I daresay that just because it is August already doesn't mean we will consume no more ice cream until next July.

For those of us who may be planning to prepare a batch of a favorite homemade ice cream it is important to take the necessary precautions to protect yourself from the danger of possible *Salmonella* infection by using a homemade ice cream recipe made with a cooked egg base, made without eggs or made with commercial PASTEURIZED egg substitutes. Egg mixtures used in making cooked bases for ice cream are safe if they reach 160 degrees F when tested with a thermometer. At this temperature, the mixture should coat a metal spoon.

According to the U.S. Food and Drug Administration you can still enjoy homemade ice cream without the risk of *Salmonella* infection by substituting a pasteurized egg substitute, or pasteurized shell eggs for the raw eggs in your favorite recipe. These eggs look and taste just like regular shell eggs, though the white may be slightly cloudy, and they are nutritionally equivalent to their unpasteurized counterparts.

Even when using pasteurized products, the U.S. Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) advise consumers to start with a cooked base for optimal safety, especially if serving people at high risk. Additionally, you should ensure that the dairy ingredients you use in homemade ice cream, such as milk and cream, are pasteurized.

If you are watching your weight and have put ice cream on your “don’t eat” list, think again! Try making our easy Cherry Vanilla Ice Cream from the Dinner Tonight program.

### **Cherry Vanilla Ice Cream**

#### **Ingredients**

- 2 cups frozen dark cherries
- 1 teaspoon vanilla extract
- 2 cups nonfat vanilla greek yogurt
- 1 cup fat free half & half

Blend frozen cherries, vanilla extract, Greek yogurt, and half & half in a large blender. Pour in a baking loaf pan. Cover and press against surface with wax paper and freeze until solid (1-2 hours). Serve and enjoy! Top with a few pitted fresh cherries. Serves 5.

Nutrition Facts: per 1 cup serving: Calories- 140; Total Fat-1 g; Sodium- 75mg; Total Carbohydrates- 25 g; Total Sugars- 20g(includes 0 g added sugars); Protein- 9g; and Calcium 125mg.

For more information on preparing homemade ice cream, contact the Extension office at 940/627-3341.