

MAPLE ICE CREAM

Ingredients

- 1 tablespoon of cornstarch
- ½ cup of milk
- 2 cups of whipping cream
- 1 cup of maple syrup Grade B¹
- 6 egg yolks
- 2 teaspoons of vanilla extract

Mix the cornstarch in a little of the cold milk. Heat the rest of the milk with the cream until it starts to bubble around the edges. Whip the egg yolks. Pour the hot cream little by little into the egg yolks, whisking constantly. Return the mixture to the pan over low heat and add the cornstarch and milk. Heat, stirring constantly, until the mixture thickens. Remove from the heat immediately and add the vanilla and maple syrup. Refrigerate for at least 2 hours. Finish in a ice cream freezer. Serve with maple cookies, with maple caramel, or with maple sprinkles.¹ Serves 6-8.

ACTIVITIES

1. What is the difference between an ice cream and a sherbet?
2. What can you buy from a pâtissier? Un confiseur? Un glacier? Un boulanger? Un chocolatier?
3. Make a list of all the flavors of ice cream and sherbet you find in your local grocery store. Organize them by category.
4. Invent your own flavor of ice cream and describe it for an ad.
5. What kinds of sauces can you put on ice cream?

Notes

¹ Industrial maple syrup (Grade 3) is not available in Québec. In the U.S., Grade B can be ordered on line.