

Homemade Ice Cream with only 2 Ingredients (No Machine)

(只要 2 種主材料，免機器做出冰淇淋)

Whipping Cream 鮮奶油 (冷藏) /300 g
Sweetened condensed milk 煉乳 /200g
Vanilla Extract (optional) 香草精數滴 (可加可不加) / 1
teaspoon
Any other flavors (依照冰淇淋的口味加入材料)

1. Place sweetened condensed milk in the fridge to keep cold.(煉乳冷藏)
2. Using a hand or stand mixer fitted with a whisk attachment, whip the cold cream on medium/high speed until soft peaks form.(打發鮮奶油)
3. Turn off the machine and pour the cold condensed milk into the whipped cream.(加入煉乳)
4. Turn the speed up to high and whisk until the mixture is thick and stiff peaks form. Turn off the machine and stir in vanilla extract (optional).(更快速的打發)

第 2~4 步驟，請將攪拌盆放在加了鹽巴的冰塊上，並在悶燒鍋或是電鍋內攪拌。

原食譜參考[連結](#)

<https://www.biggerbolderbaking.com/homemade-ice-cream/>

Key words:

《鮮奶油打發的尖角程度說明》



[連結](#)



◎Left to right: Stiff peaks, medium peaks, soft peaks

由左至右，分別乾性發泡、中性發泡、濕性發泡

◎Chill, man, chill: Cold is best for whipping cream

保持鮮奶油打發過程的低溫

◎Watch the cream, rather than the clock

觀察鮮奶油的狀態而非注意時間

✂

Feedback 回饋單：

New words you learned today:

Will you make the dessert in the future?

Rank the easy stars:

(Hard 1 2 3 4 5 Easy)

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