

# Liquid Nitrogen Ice Cream

## Common Ingredients

1.0 L 15 – 20 % cream (can mix equal amounts of whipping cream and milk)  
100 mL sugar  
1.0 L liquid nitrogen

*One liter provides samples to 15 people or dessert (200 mL) to 5 people.*

## Common Equipment

*cryogenic or winter gloves*  
12 L stainless steel mixing bowl  
wire whisk  
rubber spatula  
500 mL wet measure  
5 mL wet measure  
250 mL dry measure  
125 mL dry measure  
ice cream scoop  
ice cream cones and/or cups  
spoons  
napkins and/or paper towel  
garbage bags

*outdoors: two tables, umbrellas or display tent, sunscreen, bug spray, hat*

## Directions

Mix cream and sugar together in bowl. Mix in flavorings.

Conscript one person to hold the bowl and a second to either stir or pour liquid nitrogen. You, the demonstrator, do the alternate. All persons should wear gloves. Add liquid nitrogen slowly to the center of the bowl with vigorous stirring with the whisk. Stop regularly to scrape from sides and obtain uniform consistency and to let the froth settle. Continue until the mixture has the consistency of soft ice cream. This should take about five minutes.

For best results, the ice cream should rest/thaw for a few minutes and then be refrozen. This removes granular crystals that form when cream is frozen too rapidly.

Serve into cones or cups and enjoy! ☺

## Flavorings (choose one)

### Vanilla

10 mL vanilla extract (2 capfuls)

### Chocolate

200 mL cocoa powder  
125 mL chocolate syrup (choose one ingredient)

### Mint Chocolate Chip

7 mL mint extract  
3 mL green food coloring  
250 mL chocolate chips  
75 mL sugar (200 mL total)

### Cookies 'n Cream, Skor, Rolo, or \_\_\_\_\_

200 mL crushed \_\_\_\_\_ (do in blender)

### Mocha

25 mL instant coffee  
5 mL vanilla extract (1 capful)

### Fruit

250 mL favorite fruit, crushed  
*varies* additional sugar to taste

### Eggnog

use 500 mL cream and 500 mL eggnog

### Alcohol

200 mL alcohol (cream liqueur we tried works great: Kahlua, Cream de Menthe, Baley's Irish Cream, Grand Marnier, ...)

## **Golf Tournaments**

Assuming that there are 144 participants (2 teams per hole)

16 L 18 % cream

35 L liquid nitrogen (extra is required to refreeze ones that thaw)

4 1 L pails with lids (to store prepared ice cream)

Cooler and dry ice (to keep prepared ice cream frozen)

Dispensing containers:

200 foam cups and plastic spoons      or a mix

200 ice cream cones      of these