

5-MINUTE ICE CREAM

What you'll need:

- Large heavy-duty sealable plastic bag
- Small sealable plastic bag
- 1 cup of half & half cream
- 1 tablespoon of sugar
- ½ teaspoon vanilla (optional)
- 1/3 cup rock salt (the kind you throw on the front walk)
- 3-4 cups of ice
- Favourite ice cream bowl (optional)
- Towel or oven mitts (optional)

Warning: Don't touch rock salt with your bare hands!



1. Prepare

Pour the cream, sugar and vanilla into the small bag and zip it up tightly.

Fill the large bag with ice and pour in the salt.

Now put the small bag inside the large bag, and zip the large bag completely shut.

Would regular old table salt work?



2. Shake

Shake the large bag for 5 minutes. It will be cold, so wrap a towel around it or wear some oven mitts!

Watch the ingredients as you shake. What is happening?



3. Enjoy!

After 5 minutes, take the small bag out of the big bag. Scoop the ice cream out of the small bag and into your favourite bowl.

Enjoy!

What's happening?

To make ice cream, we want to get the ingredients as cold as possible as quickly as possible. We use ice for that, but adding salt makes ice work even better. That's because salt lowers the freezing temperature of water. As the ice melts, the salty ice water gets even colder than ordinary ice water, and as it sloshes around next to our ingredients, it grabs heat from them even more quickly. In just a few shaking minutes, it turns liquid cream into the ice cream we all know and love.

