

Cooking with Chemistry

Purpose: Fun Food

Ingredients:

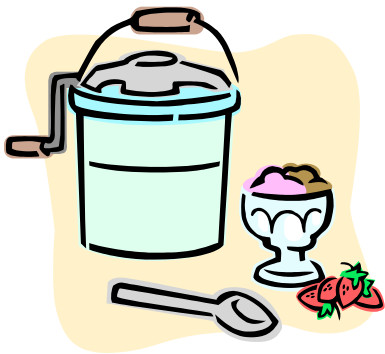
1 cup Milk

2 cups Heavy Cream (Half and Half will do nicely)

1 tbsp Vanilla Extract

¼ cup Sugar

Liquid Nitrogen



Equipment needed:

Stainless Steel mixing bowl

Wooden mixing spoon

Gloves

A big sink or a level place out side.

Mix the Milk, Cream, Vanilla and sugar in the mixing bowl. The ratios should be twice as much cream as milk and about 8 tbsp of vanilla for every gallon of liquid. Sugar should be about 1 cup dry measure per gallon. If that's too sweet then half it.

Mix the ingredients until the sugar has dissolved into the milk and cream. Add in any fixings (candy, coffee, other flavors). Move to the sink if you haven't already.

Pour in the Liquid Nitrogen *slowly* and mix with the wooden spoon until completely frozen, which should be about 10 minutes. Wear the gloves, because it's going to be cold.

For a better freeze, prepare the ice cream in a pressure cooker, and after adding the Liquid Nitrogen, clamp shut for 5 minutes.

Eat!

If you want, you can add cookie dough or just about anything else to the mixture. Don't worry, it will freeze.

Other flavors can be made by replacing or adding with the Vanilla with your choice of:

Coffee (hot, strong and fresh is the best) - with a few whole beans - yum!

Cookie dough - either homemade or store bought will do.

Candy - A Milky Way is good in bits, as is Heath Bar.

Liquors (for much older groups) - Don't worry about the low freezing point, Liquid Nitrogen is much lower!

Observations and potential lessons include the expansion of gasses, boiling points, freezing points, properties of liquids versus solids and the yumminess of ice cream. HAVE FUN!!!!!!