

Abandon Ship Ice Cream

SOURCE: The Splendid Table (www.splendidtable.org) from Square Meals: America's Favorite Comfort Food Cookbook, by Jane & Michael Stern

From the Health for Victory Meal Planning Guide, March 1943, this rich custard reminds us of good vanilla soft-serve. It can be flavored by adding bits of chocolate, canned fruit, or cookie crumbs when it is partially frozen.

- * 1 package unflavored gelatin
- * 2 C cream
- * 2 eggs, separated
- * 6 TBS sugar
- * 4 TBS light corn syrup
- * 1 tsp vanilla extract

Soak gelatin in 2 TBS cream. Melt over hot water in top of double boiler. Cool.

Beat egg yolks, sugar & corn syrup till thick & lemon-colored. Add remaining cream, dissolved gelatin & vanilla. Place in freezer set to coldest setting. Freeze till firm.

Put frozen mixture in chilled bowl, add unbeaten egg whites - beat till fluffy. Return to freezing compartment & continue freezing till firm.

Serves 5