



4-H ICE CREAM ROLL

July 20, 2023 @ 2 p.m.– Open Air Auditorium,
Polk County Fairgrounds

Who may participate? The ice cream roll will be held on Thursday, July 20th at 2:00 p.m.. Only 4-H'ers and Clover Kids can participate. This contest will be done in teams of two.

What recipe should I use? Use the recipe included in this packet. You may make vanilla or flavored ice cream. See attached sheet for some flavor variations or design your own.

What do I need to bring?

- Milk (in a cooler or thermos)
- Whipping cream or half and half (in a cooler or thermos)
- Sugar
- Vanilla
- 1 large coffee can with lid
- 1 small coffee can with lid
- Measuring cups (liquid and dry)
- Measuring spoons
- Stirring spoon or rubber spatula
- Clock or watch for timing
- A towel and cloth for clean-up
- Gloves may also be helpful to keep hands warm while rolling



We will provide the crushed ice, rock salt and tape. Do NOT measure ingredients at home. Bring a larger quantity than called for in the recipe and measure them as you make your ice cream. A plastic lid on both ends of the larger can makes it easier to roll.

Who can be my rolling partner? Your rolling partner may be a friend, 4-H member, younger brother or sister, parent, grandparent, etc.

How and when do I get judged? The judge will watch while you measure and mix your ice cream. You will then roll your ice cream. When you have finished rolling, you will take the small can (containing the ice cream) to the judge who will taste the ice cream and visit with you. The judging scorecard is on the next page.

What else do I need to know? Parents and leaders are NOT to assist with any part of the ice cream preparation, except in the case of Clover Kids, then the parents can help.



ICE CREAM ROLL SCORECARD

Points		Outstanding	Average	Needs improvement
20	Uses correct measuring techniques such as: —levels off dry ingredients —uses correct type of measuring cup			
20	Shows good food safety practices such as: — does not lick fingers — cleans up messes			
20	Ingredients well combined and good consistency			
40	Pleasant flavor —not salty —made with fresh ingredients			
<p>COMMENTS:</p> 				

NAME: _____

Purple Blue Red White Clover Kid



Coffee Can Ice Cream

Makes 3 cups

Ingredients

- 1 cup milk
- 1 cup whipping cream or half and half
- 1/2 cup sugar
- 1/2 teaspoon vanilla extract
- Crushed ice
- Rock salt

Utensils

- 1 one-pound coffee can with tight fitting plastic lid (wash this coffee can thoroughly to remove any coffee flavor.)
- 1 two-pound coffee can (or #10 can) with tight fitting plastic lid
- Measuring cups
- Measuring spoons

Directions

1. Put milk, cream, sugar and vanilla in 1-pound coffee can. Stir to dissolve sugar. Place plastic lid on the can. Be certain the lid is on tight. You may want to secure the lid with masking tape.
2. Put the smaller can into the larger can. Pack crushed ice around the smaller can.
3. Pour at least 3/4 cup of rock salt evenly over the ice. (If you don't add enough salt, the mixture won't freeze. If you add too much it will freeze too fast and the ice cream will have a poor texture.)
4. Place lid on the larger can. If you have extra lids, place one on the bottom side also. This will help it to roll better.
5. Now pick a partner and have some fun. Roll the can back and forth to each other for ten minutes. (It is best to do this on cement.)
6. Open the larger can. Wash your hands. Remove the small can and wipe it off thoroughly. Remove the lid and stir the ingredients with a rubber spatula. Be sure to scrape the insides of the small can really well. (Do not let any of the ice or ice water get into the small can.) Replace the lid.
7. Drain the ice water from the large can. Put the small can back in the large can and pack in ice and salt as in step 3.
8. Roll back and forth for about five minutes, until mixture is frozen.
9. Now open the large can and remove the small can. Wash your hands. Wipe the small can carefully. Scoop the ice cream into serving bowls and enjoy.

Serving Size: 1/2 cup ice cream

Calories: 278

Grams of fat: 11

Grams of protein: 5

Grams of carbohydrates: 41



You can try adding fruit or nuts in step six. Use your imagination and invent some new flavors!

Coffee Can Flavor Variations

Add more or less fruit or nuts according to individual taste. Unless otherwise stated, add fruits and nuts in step 6.

- **Chocolate Chip:** Add 1/2 cup chopped chocolate chips or use mini-chocolate chips.
- **Nut brittle:** Grind or crush nut brittle or use almond brickle chips. Add 1/3 to 1/2 cup.
- **Raspberry/strawberry:** In step 1, add 1-2 drops red food coloring. Add 1/2 cup crushed fresh berries or thawed/drained frozen berries.
- **Chocolate:** In step 1, add 3-4 tablespoons chocolate syrup and mix thoroughly.
- **Cherry mint:** In step 1, add 1-2 drops green food coloring and a few drops of mint extract (to taste). Eliminate vanilla extract. Add 1/2 cup chopped maraschino cherries.
- **Banana:** Add 1/2 cup mashed bananas and 1/2 teaspoon lemon juice.
- **Cherry:** Add 1/2 cup chopped pitted cherries.
- **Mint:** In step 1, reduce vanilla to 1/8 teaspoon. Add oil of peppermint to taste (few drops), and 1-2 drops green food coloring.
- **Peach:** Add 1/2 cup mashed peaches.
- **Peppermint Stick:** In step 1, add 1-2 drops red food coloring. Add 1/4 to 1/3 cup finely crushed peppermint sticks.

