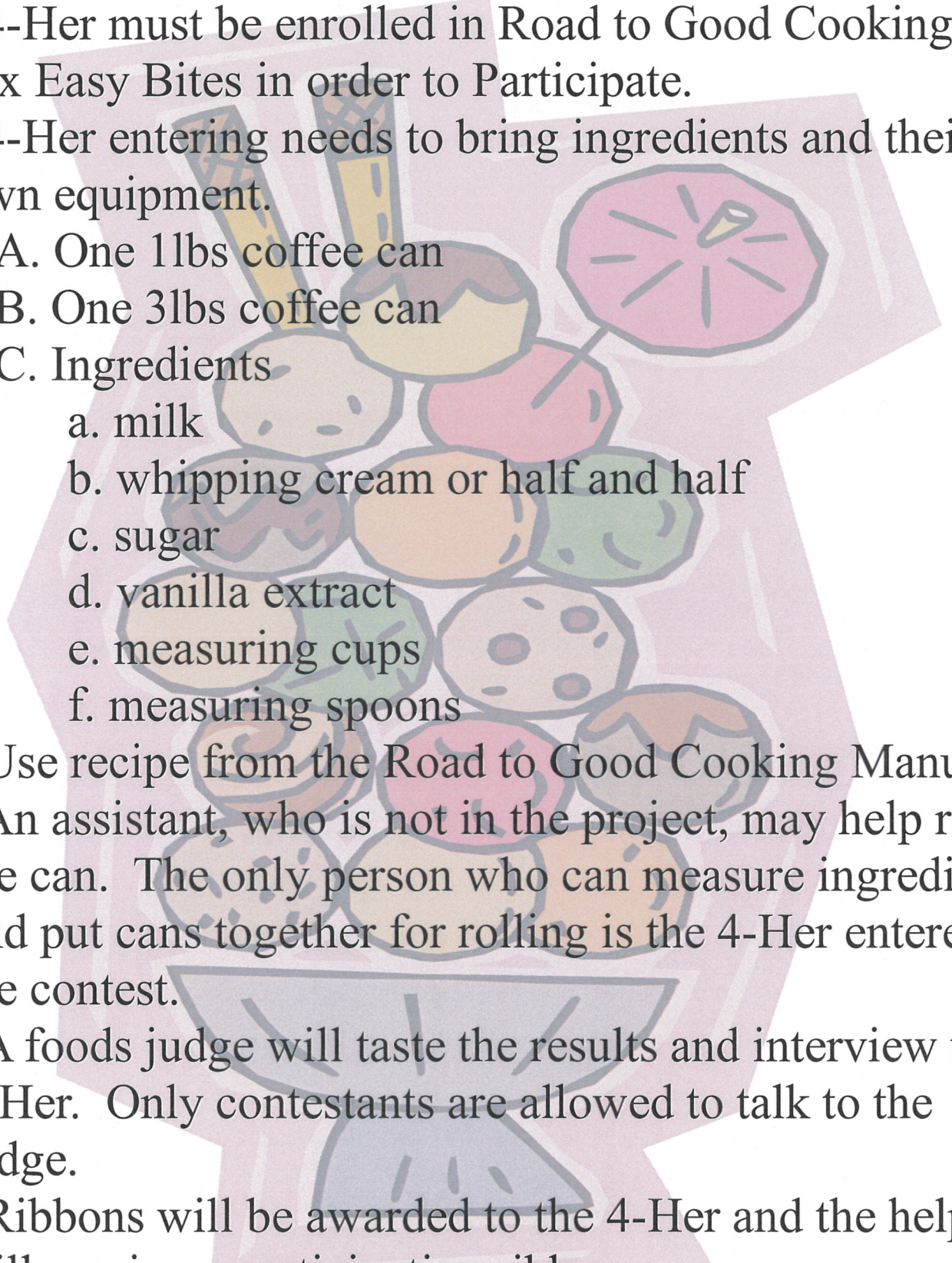


# Coffee Can Ice Cream Contest Guidelines

1. 4-Her must be enrolled in Road to Good Cooking or Six Easy Bites in order to Participate.
  2. 4-Her entering needs to bring ingredients and their own equipment.
    - A. One 1lbs coffee can
    - B. One 3lbs coffee can
    - C. Ingredients
      - a. milk
      - b. whipping cream or half and half
      - c. sugar
      - d. vanilla extract
      - e. measuring cups
      - f. measuring spoons
  3. Use recipe from the Road to Good Cooking Manual.
  4. An assistant, who is not in the project, may help roll the can. The only person who can measure ingredients and put cans together for rolling is the 4-Her entered in the contest.
  5. A foods judge will taste the results and interview the 4-Her. Only contestants are allowed to talk to the judge.
  6. Ribbons will be awarded to the 4-Her and the helper will receive a participation ribbon.
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## Coffee Can Ice Cream

### Flavor Variations \*

(Unless otherwise stated, add fruits and nuts in step 6.)

1. Nut Brittle: Grind or crush nut brittle or use almond brittle chips. Add 1/3 - 1/2 cup.
2. Raspberry or Strawberry: In step 1, add 1-2 drops red food coloring. Add 1/2 cup crushed fresh berries or thawed, and drained frozen berries.
3. Chocolate: In step 1, add 3-4 Tablespoons chocolate syrup and mix thoroughly.
4. Cherry Mint: In step 1, add 1-2 drops green food coloring and a few drops of mints extract (to taste). Eliminate the vanilla extract. Add 1/2 cup chopped maraschino cherries.
5. Banana: Add 1/2 cup mashed bananas and 1/2 teaspoon lemon juice.
6. Cherry: Add 1/2 cup chopped pitted cherries.
7. Mint: In step 1, reduce vanilla extract to 1/8 teaspoon. Add oil of peppermint to taste (few drops), and 1-2 drops green food coloring.
8. Peach: Add 1/2 cup mashed peaches.
9. Pistachio: In step 1, eliminate vanilla extract. Add 1/4 teaspoon almond extract and 1-2 drops green food coloring. Add 1/4 cup chopped pistachio nuts.
10. Chocolate Chip: Add 1/2 cup chopped chocolate chips or use mini-chocolate chips.
11. Peppermint Stick: In step 1, add 1-2 drops red food coloring. Add 1/4 - 1/3 finely crushed peppermint sticks.

\*Add more or less fruits or nuts according to individual taste.

## RECIPE

### 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 (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. Then the ice cream will have 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 the 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 Carbohydrate: 41

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