

Orange Blossom and Cinnamon Ice Cream

Recipe based on Lady Ann Fanshawe's 1665 "icy creams" recipe

Yields one serving of ice cream

Equipment

- Two ziploc bags: 1 gallon size and 1 quart size
- Timer

Ingredients

- 3 trays of ice cubes
- $\frac{1}{3}$ cup kosher salt
- 1 cup half-and-half
- $\frac{1}{4}$ cup sugar
- 1 teaspoon flavored water (use orange flower water for a historical recipe, or you can use vanilla, rose water, or other flavored extracts)
- 1 cinnamon stick OR $\frac{1}{8}$ teaspoon of mace (mace is in the original recipe, but your family may prefer cinnamon)

Directions

1. Pour the half-and-half, sugar, flavored water, and cinnamon stick OR mace into the quart size ziploc bag. Make sure it is sealed (you can double bag to be extra careful). Shake the bag for 3-5 minutes.
2. Carefully open the bag and remove the cinnamon stick. Reseal the bag and make sure to press the air out.
3. Pour approximately two trays of ice cubes and the salt into the gallon size ziploc bag, and then place the sealed smaller bag in the middle of the ice. Seal the large ziploc bag.
4. Shake! Set your timer for 10 minutes, and take turns when your arms get tired.
5. As you shake, if you notice that your ice is mostly melted, feel free to add more. And you'll notice that the bag is VERY cold (in fact it is below 32 degrees!) so you might want to wear an oven mitt, or gloves, or hold it in a tea towel.
6. After shaking for 10 minutes, remove the quart size ziploc bag and rinse off the outside (you don't want any of the salt water getting into your ice cream mix).
7. Get a spoon and eat straight from the bag, or cut off a corner and squeeze it into a cone or dish!

The original recipe directed cooks to heat the half-and-half until it was a thick custard-like texture. The mixture would then be cooled to freezing and stirred occasionally over hours, until it formed an icy and creamy consistency.