July 2, 2019

The Clinton Courier

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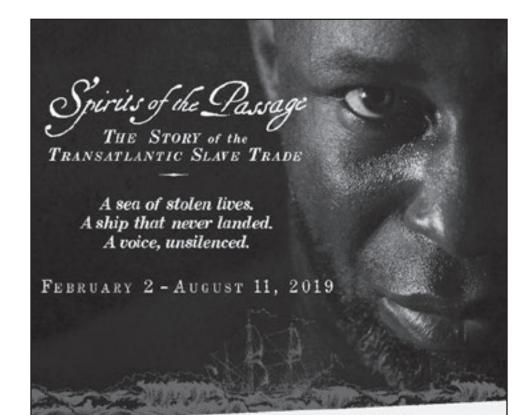
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Table talk and food for thought: Ice cream

By Melanie Fortenberry

Holidays and family: the two seem to go together.

What about if you are missing family, or your family has downsized due to various circumstances? Create one!

As the lone representative of my family of origin and most of my extended family, my "created" family includes those related by marriage or situation. When we get together, it is fun to share food and memories and create new ones.

This recipe is one from my "cousin in law" - my husband's cousin's wife, Margaret. She was initially given this recipe in their early days of marriage thirtyfive-plus years ago, and it is still a good one to share with family and friends. We enjoyed it on the fourth of July, but it is as good in the fall and winter months as it is in the middle of summer. In fact, Cliff's grandfather loved to sit in front of



a roaring fire with a big dish of ice cream. Homemade ice cream is so much better than the commercial variety. And, by waiting for it to "churn and freeze," it is more of a treat to be savored. Thank you, Margaret McKinley Fortenberry, for this recipe!



MARGARET'S ICE CREAM

INGREDIENTS:

4 eggs, well beaten Scant 2 cups sugar 5 cups whole milk 2 large cans evaporated milk 4 ½ tsp vanilla

PREPARATION:

- 1. Add sugar gradually to the beaten eggs.
- 2. Continue to beat until mixture is very stiff.
- 3. Add remaining ingredients and mix thoroughly.

4. Pour into a gallon ice cream freezer, and freeze as directed for the freezer. To make strawberry or peach ice cream, add 3 ½ to 4 cups pureed fruit to chilled mixture before freezing.

This is very good - not too sweet or rich.