

Kick-the-Can Ice Cream

Wyoming Ag-tivity

Activity Procedure:

1. Review the definitions of liquid and solid and give oral examples of each.
2. Divide the class into four groups and provide each group with the ingredients. (DO NOT USE RAW EGGS IN THIS RECIPE. RAW EGGS CAN CONTAIN BACTERIA WHICH MAY CAUSE ILLNESS.)
3. Place all the ingredient in a one-pound can. Place a tight-fitting plastic lid on the can. Place the can, with ingredients, inside a three-pound coffee can.
4. Pack crushed ice around the smaller can, inside the larger can. Pour at least 3/4 cup rock salt evenly over the ice. Place a tight-fitting plastic lid on the three-pound can.
5. Have the students take turns rolling the can back and forth for 10 minutes across a sturdy table or cement floor. Open the outer can. Remove the inner can containing the ingredients. Remove the lid of the smaller can.
6. Use a rubber spatula to stir the mixture and scrape the insides of the can. Replace the lid on the one-pound can. Drain the ice water from the larger can. Return the smaller can to its place inside the large can. Pack the larger can with more ice and salt.
7. Instruct students to roll the can back and forth for 5 more minutes. If mixture is still soupy after 15 minutes, the temperature may not be cold enough. Drain the excess water, add more salt and ice, and roll the mixture until it becomes firm. The recipe makes about three cups of ice cream. Provide fruit and nuts as toppings if desired.



Materials

- 1 cup whole milk
- 1/2 cup sugar
- Egg Substitute (equivalent to one egg)
- 1/2 teaspoon vanilla
- 1 cup whipping cream
- 3/4 cup rock salt
- Ice



Estimated Time

60 Minutes

Grades K-6