



Welcome to *Saturday Morning Cooking School with Debbie Deitz*  
May 22, 2021

### ***ALL-AMERICAN APPLIE PIE & ICE CREAM***

Featuring the Bosch Universal Plus using the Food Processor, Ice Cream  
Maker, & the Spiralizer!

#### **BASIC NO-COOK ICE CREAM “RECIPE”**

by: Debbie Deitz of Wholy Homemade

5 C of milk  
1-2 (more?) t extracts  
1/2 – 1 C add-ins (1-2 C fruits or berries)

3/4 C sweetener  
dash of salt

- *This is a basic guide in creating your own recipe for the Bosch Universal Plus Ice Cream Attachment, which hold 1.5 quarts.*

**Milk:** heavy cream, half & half, whole milk, 2% milk, nut milks, coconut milk, coconut cream, yogurt, Greek yogurt, cream cheese, and even sour cream, etc

**Sweetener:** natural sugar, honey, coconut sugar, stevia, agave, maple syrup, molasses, etc

**Extracts:** vanilla, almond, lemon, orange, cherry, strawberry, lemon, lime, root beer, hazelnut, etc

**Add-Ins:** nuts, chocolate chips, cocoa powder, coffee syrups, food grade essential oils, crushed cookies, coconut, fruit & berries, candies (m & m’s, peanut butter cups, gummy bears, chocolate chips), cookie dough, etc

- *So...using the measurements provided, one picks from the categories to create their own recipe. These ingredients are mixed together in a bowl and then poured into the ice cream attachment/machine after the machine is turned on.*

For example...

- **Honey Vanilla Ice Cream** could look like this:

1 C heavy cream  
2 C whole milk  
1/4 C honey  
dash of natural salt

2 C half & half  
1/2 C natural sugar  
2 t (or more) vanilla extract

- **Coconut Cream Ice Cream** could look like this...

2 C coconut milk	1 C Greek yogurt
2 C whole milk	3/4 C natural sugar
1 t coconut extract	2 t vanilla extract
1/4-1/2 C coconut, shredded	1/2-1 C crushed shortbread cookies
dash of natural salt	

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1-2 (more?) t extracts	dash of salt
1/2 – 1 C add-ins (1-2 C fruits or berries)	

### **Custard Home-Style Ice Cream**

by: Debbie Deitz of Wholy Homemade

2 c whole milk	1/2 c half & half
1 1/2 c whipping cream	2 eggs
3/4 c sugar	1 1/2 t extract (vanilla for basic) dash of salt



- In a medium heavy sauce pan, over low-medium heat, whisk together milk, half & half, whipping cream, eggs until smooth and mixture obtains a low simmer.
- Once simmer has been reached, lower heat to low and whisk for 5 minutes or until mixture seems to start thickening. (I like to strain this mixture through a fine mesh strainer lined with cheesecloth to be sure there are no lumps of gelatin.)
- Add extract(s).
- Cover bowl and chill at least 2 hours (6 works great).
- Remove from refrigerator and pour into prepared ice cream attachment, mixing until soft serve texture (add any add-ins at this point if you'd like them).
- Scoop out into bowls to serve immediately or into a container for the freezer.

### **Cream Cheese Pie Crust**

By: Debbie Deitz of Wholy Homemade

4 oz cream cheese, room temp	1 stick unsalted butter, room temp
1/4 C heavy whipping cream, cold	

- Pulse together in food processor, creaming nicely.
- Add:
 

1 1/2 C + 2T all purpose flour *	1/2 t Salt
1 T sugar or honey (optional)	1 T herbs (optional)
- Pulse to form coarse crumb. Scrape down. Turn back on until dough ball has formed.
- Bring out onto counter and cut into half. Form into flat disc and cover, refrigerate for 15 minutes (at least).
- Roll into circle or desired shape onto a lightly floured pastry mat.
- Use as desired for sweet or savory crust.
- \*NOTE: Today we used 1/2 bread grains & 1/2 AP grains = equal parts spelt, barley, brown rice

One of our family favorite holiday pies is a variation on the standard super sweet pecan pie.  
Thankfully, a lady shared her pie at a potluck dinner 35 years ago.  
It might become your favorite as well.

## CREAM CHEESE PECAN PIE

- Here are the layers to spread into an unbaked 9" pie shell
- Using the Bosch Food Processor, mix well & spread...
- 1<sup>st</sup> layer:** 8 oz cream cheese, softened                      ¼ C E C J sugar  
1 t vanilla or maple powder                              2 eggs
- 2<sup>nd</sup> layer:** 2 C chopped pecan pieces or halves (soaked & dehydrated are THE BEST!)
- 3<sup>rd</sup> layer:** Mix together in food processor. Then pour over pecans...  
2 eggs    1 C corn syrup (make your own... see recipe below)  
1 t vanilla or maple powder
- Bake until set – about 40 minutes

## HOMEMADE KARO SYRUP

- Combine 2 C ECJ sugar, ¾ C water, ¼ t cream of tartar and a dash of salt, over medium heat.
- Bring to a boil. Reduce heat to a simmer & put lid on for 3 minutes.
- Uncover and cook until it reaches soft ball stage. Stir often. Cool. Makes almost 2 C.

We certainly trust our class encouraged you to invest more effort into healthy cooking & eating!  
Debbie loves to impart her vast expertise & wisdom into each class. Questions are happily answered  
via text or calls. She ask that you reintroduce yourself first via text as a reminder of the class you  
attended. 719-464-7562



Monday the 25th—6 pm Deb Sudz  
& Beginning Sprouting Seeds, Beans  
etc.

Tuesday the 26th - 6 pm Whole  
Grain Rolls & Buns

### WHOLY LIVING

MARGARET LOEW  
15091 E Lazy Lady Lane  
Palmer 99645

### STORE HOURS

Tuesday 3—7  
Saturday 10—noon  
Www.wholyliving.com