

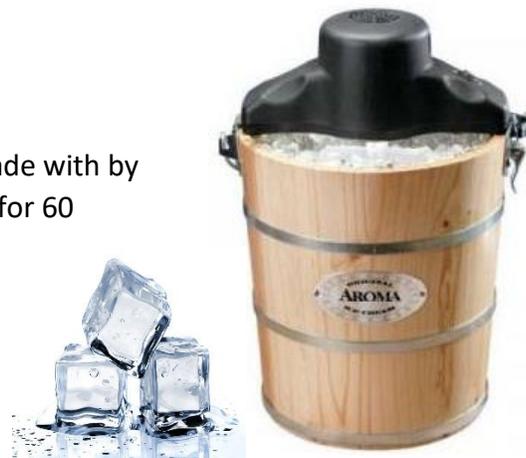
## Sticky Ice: Needed for Ice Cream

### How to make sticky ice?

Place a string in a bowl with crushed ice on top. Sticky ice is then made with by adding a cup of water added and sprinkling salt on top. Let it stand for 60 seconds and then pick up to string to see what happens.

### Why does it become sticky?

The salt causes the ice to melt and as it melts it lowers the temperature of the water around it so that it now refreezes causing it to become sticky.



### Where do we see this in the making of food?

Ice cream!! If you have ever seen an ice cream freezer at work, you would have seen ice being used in the bucket around a container in the center which contains the milk, sugar, and other ingredients used in ice cream. Along with the ice, salt is added and then some water as the container in the middle turns. The ice, salt, & water mixture helps to lower the temperature below 32 degrees F so the milk mixture will freeze faster. Inside the container there is a paddle that helps keep the mixture from freeze by keeping the ice crystals small and the ice cream smooth.

There are some more secrets to why ice cream turns out the way it does, but the “sticky ice” is the important one we are looking at here today.

### Make your own.

You can try making your own sticky ice or you can, also, try making your own ice cream in a bag.

Ingredients	Instructions
<ul style="list-style-type: none"><li>• 1 cup half and half</li><li>• 1.5 tsp vanilla extract</li><li>• 1 tbsp sugar</li><li>• ice</li><li>• 1/4 cup salt</li><li>• Ziploc bags 1 Small, 1 Large</li></ul> 	<ol style="list-style-type: none"><li>1. Pour half and half into a small ziploc bag.</li><li>2. Add vanilla and sugar.</li><li>3. Seal the bag firmly and get any excess air out.</li><li>4. In the larger ziploc bag, fill it about 1/2 way with ice. Add 1/4 cup of salt.</li><li>5. Then add your small bag and fill with extra ice on top. Seal the large bag.</li><li>6. Shake for 6 minutes with gloves on.</li><li>7. Take out the small bag and rinse with cold water to remove salt.</li><li>8. Open and enjoy!! Yum!</li></ol>

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