



Homemade Ice cream the Scoop on Salmonella

Homemade ice cream is enjoyed by many families; however, homemade ice cream made with raw eggs is often linked to salmonella infections.

If your favorite homemade ice cream recipes use uncooked eggs, it's time to replace it. Those raw eggs may contain salmonella bacteria that can cause food borne illness.

Harnett County Health Department provides the following suggestions for safe Homemade Ice cream:

- Use a recipe that contains a cooked custard base. This is especially important if you're serving people at high risk for food borne infections: *infants, older adults, pregnant women, and those with weakened immune systems*. Freezing does not kill bacteria but cooking does.
- Use pasteurized shell eggs or pasteurized egg substitutes. Pasteurized shell eggs can be found in the dairy section while egg substitutes can be found in either the dairy case near the regular eggs or in the frozen food section.
- Cook the mixture gently to an internal temperature of 160 degrees °F, stirring constantly. Use a food thermometer to check the temperature of the mixture. At this temperature, the mixture will firmly coat a metal spoon. Resist the temptation to taste-test it during preparation because the custard is not fully cooked and could still contain salmonella. After cooking, chill the custard thoroughly before freezing.

For more information contact
Harnett County Health Department
910-893-7550 or log onto
www.harnett.org/health

